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by Benjamin Park

Tragic Scot Kirsty Maxwell may have been the victim of mistaken identity, it has been claimed.

The 27-year-old plummeted to her death from a 10th floor apartment balcony in Benidorm in April last year.

Her family feared that she may have been fleeing a sex attack when she fell, but an unnamed source has now claimed that she may have been mistaken for a mystery hotel guest who has yet to be traced.

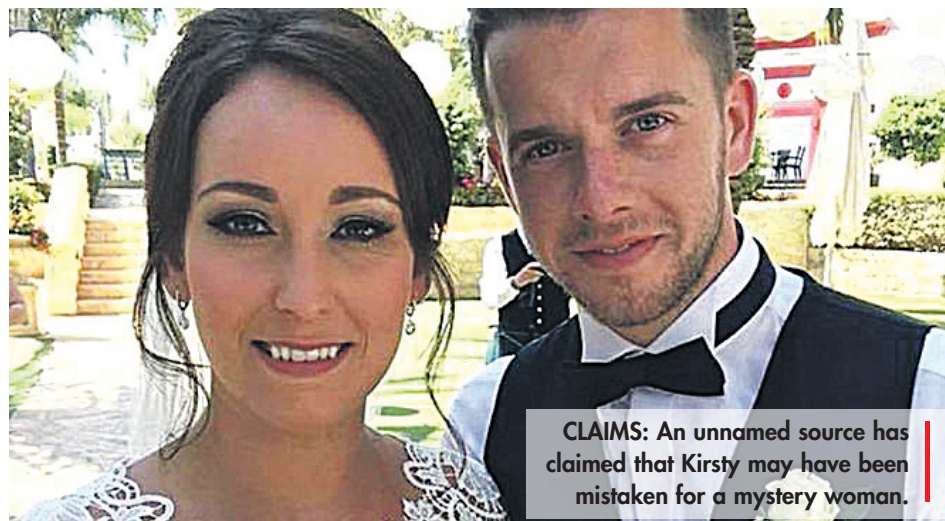
According to UK media reports, the unknown woman was staying a few rooms along from the balcony room where Kirsty plunged to her death, but despite a public appeal to find the woman, led by Kirsty's husband Adam in August, she is yet to come forward.

The source told British media: "We know there was this girl staying in room 10A.

"She wasn't interviewed by police and still hasn't come forward despite huge appeals for her. There is the possibility that Kirsty was mistaken for this woman."

The fears reportedly came af-

The wrong woman?



ter former police officer David Swindle, who has been looking into the incident on behalf of Kirsty's family, spoke of his concerns that CCTV clips from

the hotel may have been erased.

He told British media: "We've been asking the owners My Pretty Payma for access to the hotel and CCTV footage but

they've not been cooperative at all.

"There are strong indications video footage may have been destroyed."

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NEWS EXTRA

Hiker's tumble

A FIRE brigade helicopter rescued a hiker who fell 20 metres while hiking near Pedreguer's l'Ocaive castle. He was taken to Denia hospital with a fractured leg and possible injuries to his hip.

Need answers

THE spokesman for the Cs party on Villajoyosa Council called for an inter-party committee to decide how to use the €2.8m raised by selling municipally-owned seafront land adjoining the Paradis beach.

School's out

THE regional government's Education department will close some classes in 39 Alicante Province schools next year. This will be compensated by building new schools and adding more classes to existing centres, creating more places overall.

Unlucky for some: Brits' bumper bingo session raided by police

POLICE have raided a pub packed with Brits in Spain for holding 'illegal gambling' games.

In the raid on the Brit-run pub in Benidorm on the Costa Blanca, police confiscated €1,447 from the game and another €21,000 from a safe.

Four staff members were interviewed.

Around 100 stunned tourists witnessed the police action as they took away two electronic bingo machines, bingo cards and microphones.

Spanish authorities consider bingo to be gambling which requires a permit and the pub had reportedly been given several warnings about illegal gambling in the past.

Officials say the game of bingo is subject to strict legislation and could only be played in places which had the correct licences.



CREDIT: National Police

BINGO RAID: Police confiscated €1,447 from the game and another €21,000 from a safe.

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Photo credit: YouTube

JACK KNIFE: The man careered into a parked car before being pinned down by police.

Well fuelled!

A 'DRUNK' British holidaymaker was held by Spanish police after stealing a Coca Cola delivery lorry in Benidorm.

Footage emerged online showing the unnamed man shouting in English while being pinned down by an officer as horrified pedestrians look on.

He reportedly made off in the vehicle while the driver and his colleague were making a delivery on the corner of Avenida Mediterraneo and Calle Filipinas, before crashing into a parked car.

The video was shot by one of the delivery men, who explains that "this drunk foreigner stole our

lorry and everyone is watching. We called the police and pulled him out before they arrived.

"It was just unbelievable."

The culprit reportedly refused to undergo a breathalyser test before he was taken away, but it is unclear if he has been held in custody.

As he protests one of the police officers is heard to say in English: "Don't move a bit, buddy."

Benidorm's security councillor Lorenzo Martinez told local press that the dramatic incident showed "once again how effective our police are."

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Hiking fall

A 60-YEAR-OLD Elda man died after a 50-metre fall while hiking to a look out at the source of the River Mundo in Riopar (Albacete) that is visited by thousands each year.

He plunged down a rocky escarpment after the railing he was leaning on gave way.

Gas blast

A MAN was injured in a gas explosion at the Baret de Miquel restaurant in Denia. The cook's arms and legs were cut when the blast broke windows but although the kitchen was devastated, an adjoining exterior patio helped to stem the shock wave.

Buzz off

A ROAD had to be closed in Alcoy and traffic diverted for more than three hours after a swarm of 9,000 bees was found in the Rosaleda Park. Two apiarists were called in who removed the bees with a special bee vacuum without incident.

Filled with joy

THE petrol station in Planes has been reopened by a formerly out-of-work resident. It closed six years ago, leaving 18 villages on the CV-700 between Pego and Muro (El Comtat) with a stretch of 41 kilometres with nowhere to fill up their cars or agricultural vehicles.

Fancy that!

CELEBRATING Greggs' recent opening in the Arrivals hall at East Midlands Airport (EMA), the airport announced that the distance between EMA and Alicante is 11.02 million Greggs sausage rolls laid end-to-end, almost equal to the 11.4 million that the bakery chain sells each year.

**THE BIG PICTURE Nº 8**

Tickled pink!

ON THE MARCH: Greater flamingo males.

IT is Europe's second largest congregation of greater flamingos, and the only inland site where they breed.

And the courtship dance of 40,000 of the majestic birds is underway at Laguna Fuente de Piedra, one of the largest natural lakes in the Iberian Peninsula.

Measuring 6.5 kilometres long by 2.5 kilometres wide, the lagoon is set for a bumper year after drying up completely in 2017.

Recent rains have filled the shal-

low basin, serving up ideal conditions for the flamingos, which are attracted by teeming brine shrimp in the salty water.

The tiny crustaceans give the birds' feathers their pink hue, with those of youngsters plain grey.

Their courtship ritual sees many separate colonies form, with groups of 15 to 50 males at their centre.

They perform an elaborate dancing display with exaggerated neck stretching, head stretching and preen-

ing, plus group moves in which they march and turn as one.

And once the chicks hatch they are raised in a 'creche' watched over by many adults.

The dance of the flamingos can be seen throughout April both at Fuente de Piedra and other sites along Spain's Mediterranean coast, including Doñana National Park, Mar Menor in Murcia, Santa Pola in Alicante, and the Ebro Delta in Cataluña.

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Fair enough



ANDALUCIAN PASSION: Women wearing traditional flamenco dresses dance a Sevillana.

IT was voted number one in travel guide Lonely Planet's top 10 cities to visit in 2018.

And as the dust settles on Andalusian capital Sevilla's world famous Holy Week celebrations, the city is already gearing up for another of its internationally renowned events.

The week-long Feria d'Abril (April Fair) traditionally takes place a fortnight after the end of Easter, and this begins on Sunday April 15.

Women rock flamboyant, glamorous flamenco dresses, while men slip on their best attire and parade on horseback throughout the vibrant festivities, which feature plenty of eating, drinking and dancing the time-honoured Sevillana.

Dating back to 1847, the event was started as a livestock fair by two councillors from northern Spain, the Basque Jose Maria Ybarra and Catalan Narcisco Bonaplata.

Their idea was approved by Queen Isabella II - who ruled Spain from 1833 until 1868 - and the first fair took place at the Prado de San Sebastian on the outskirts of the city centre.

But just a year later the fair began to mutate, as the first three casetas, traditional wooden buildings

housing bars and eateries still used today, sprang up.

They belonged to the French Duke and Duchess of Montpensier, the city council and Sevilla casino, and their introduction eventually saw the event become an enormous celebration which today brings together more than 1,000 casetas and tens of thousands of people on a new site in the Los Remedios neighbourhood.

The casetas mostly belong to important local families, clubs, trade associations, political parties or groups of friends. They function as informal restaurants during the day but from around 9pm to 6am are filled with crowds of dancing revellers drinking sherry, beer and wine.

There is also a giant amusement park for families.

But the daily proceedings begin with a parade of carriages and horse riders carrying leading citizens to the La Real Maestranza bullring for the controversial daily bullfights.

For more information about this year's feria see the website: www.feriadesevilla.andalunet.com/?lang=en.

POLL OF THE WEEK

Do you think the new maximum €30,000 fine for animal cruelty crimes in Spain is sufficient?

LAST WEEK'S POLL:

Following his arrest in Germany, should former Catalan leader Carles Puigdemont be extradited to Spain?

Yes **50%**

No **50%**

**EWN online
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**TOP
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EXCLUSIVE: 'Bargain-Loving Brits In The Sun' is packing Benidorm bags and heading to Costa del Sol



Bargain-Loving Brits in the Sun is set to move to the Costa del Sol.

10,225 'Bargain-Loving Brits in the Sun' is heading to Costa del Sol
 views

9,573 'He's a life saver' expat found by Easter holidaymaker
 views

5,467 "He's home" missing expat found safe but 'confused and distressed'
 views

4,920 Costa del Sol family issue urgent appeal for 'missing' man
 views

4,604 Spain's airports reduce the price of bottled water following outcry
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MORRO BLANC: Marina was only half-finished.

Derelict eyesore to go

THE Environment Ministry intends to demolish the concrete pier in Cala del Morro Blanc in Campello.

Last December the Ministry's General Directorate of Coastal and Marine Sustainability awarded the €20,000 contract to draw up plans to restore the Morro Blanc cove.

These will include removing the derelict and dangerous pier, whose removal the town hall has requested in various meet-

ings with the provincial coastal service, Costas.

Now eroded by the waves and in a dangerous condition the fenced-off pier must be demolished and removed to recover the cove's safety as well as its environmental quality, a Ministry report said.

The document pointed out that removing the pier will produce a change in the sea currents and wave action, and this would have to be taken into ac-

count both at present and in the future in order to maintain the cove's stability.

The pier and path were authorised by the Madrid government in 1968 and 10 years later permission was given to extend the pier and add another to form a marina for pleasure boats. The concessionary died soon afterwards and as the work was never finished, the concession expired and reverted to the state in 1993.

Three hurt in drink-driving incident

THREE people were injured when their car went off the road in Javea in the early hours of the morning.

After leaving the road in Avenida del Mediterraneo the vehicle ran into the wall of a house before overturning on the bicycle lane.

Although the driver emerged unscathed,

two of the injured were taken to hospital and a third was attended to at Javea's health centre. All four were young German tourists.

The driver was arrested for dangerous driving after testing positive for alcohol when he was breathalysed by the Local Police. He was released on bail the next day and now awaits a fast-track trial.

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Harry's style goes Spanish

HE donned suits by Gucci and Givenchy at the recent Victoria's Secret Fashion Show.

And former One Direction singer Harry Styles, 24, became the new face of Andalusian designer Palomo Spain during his shows in Madrid and Barcelona this week.

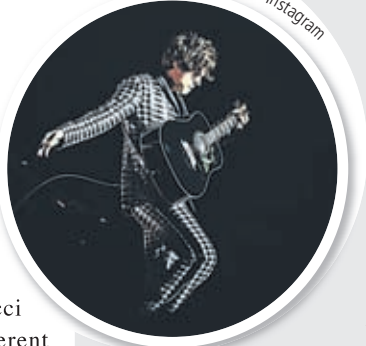
The *Sign of the Times* hitmaker temporarily dropped his signature Gucci style, slipping into a different black-and-white outfit by the Cordoba-based fashion house at each of the gigs.

Harry rocked a houndstooth-style checked blazer with flared trousers in the Catalan city, then opted for a matching finely-striped outfit with white lapels in the Spanish capital.

Designer Alejandro Gomez Palomo has just turned 26 and was creating clothes for doll brand Barbie three years ago, but a meteoric rise has seen him open shows at Paris Fashion Week, with stars including the Rolling Stones, Beyonce, Miley Cyrus and Rita Ora buying into his whimsical style.

SHE'S GOT FRONT: The star chose to go braless.

Photo credit Paloma Spain/Instagram



NEW DIRECTION: The mega star in Barcelona.



Photo credit Eiza Gonzalez/Instagram

Eiza does it!

SHE shot to fame in last year's hit action movie *Baby Driver*.

And Mexican actress Eiza Gonzalez, 28, has jetted to Spain to film new flick *Paradise Hills* in Barcelona.

The star set pulses racing after strolling to the set wearing just a loose-fitting t-shirt and skinny jeans.

She is rumoured to be dating *Transformers* star Josh Duhamel, 45, after the pair met at a Superbowl party.

Eleven out of ten for new pay packet



Photo credit OK! Magazine

STRANGER CHING: Millie Bobby Brown.

MARBELLA-BORN actress Millie Bobby Brown is set for a giant pay rise.

The 14-year-old *Stranger Things* star has reportedly put pen to paper on a contract worth €2.6 million ahead of filming the third series of the hit Netflix series.

And while all the young stars of the supernatural drama have been rewarded with improved deals after the second series received rave reviews, Millie's agents

have negotiated the biggest salary.

According to US media reports she was due to receive €19,500 for each of the upcoming series' nine episodes, but will now take home at least €200,000, with some rumours suggesting she will be paid a whopping €285,000 per show.

That would put the Emmy-award nominated performer in the same wage bracket as cast-mate Winona Rider.



Light as a feather

SHE recently revealed that she has lost two stone.

And *Loose Women* star Linda Robson, 60, showed off her toned figure as she posed in a swimsuit in Marbella.

The former *Birds of a Feather* actress was enjoying a sunshine break with son Louis and daughter Roberta, and she shared a series of snaps on social media.



Photo credit Linda Robson/Instagram

TOP BREAK: Linda Robson.

Dyer straits

DANNY DYER'S daughter, Dani, has been spotted frolicking on a Costa del Sol beach.

Having recently being forced off the ITV2 show *Survival Of The Fittest* due to injury, the reality star, 22, was pictured in a range of skimpy swimwear as she enjoyed a spot of bat and ball on the sand.

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BENISSA Town Hall's condemnation of the deliberate poisoning of dogs in the municipality was backed by all political groups.

With nine cases officially denounced, the town hall announced the new steps it intended to take to stem this criminal activity. These include a meeting with the Local Police,

United front against dog poisoners

Guardia Civil, Proteccion Civil and the Hunting Society's Rural Guard amongst other bodies that are affected by the poisonings. Representatives from animal protection societies and Benissa residents will also be present.

This meeting is expected to take place in mid-May and will serve to keep all the concerned bodies informed, clearing up possible doubts and keep them abreast of new suggestions and further plans.

The next comb and clean-up of the area where the dogs were poisoned will be coordinated by Seprona, the Guardia Civil's Nature Protection Unit and is scheduled for this coming weekend. Personnel from Benissa Im-

puls will participate in the search, together with animal protection associations and as many volunteers who want to help in the clearing operation or assist in detecting evidence.

"It is vital to report cases of poisoning even if the animal manages to survive," said Benissa mayor Abel Cardona.



Photo credit: Denia town hall

BLAY BEACH: Affected by serious erosion.

Water, water everywhere

DENIA Town Hall halted the dumping of thousands of litres of underground water into the sea at Blay Beach.

The water has come to the surface as a construction company digs the foundations for Las Olas, a complex of 19 luxury apartments at the water's edge on Blay Beach.

Local police officers, accompanied by a technician from Denia's Environment Department, visited the site following complaints from Blay Beach residents.

A huge volume of subterranean water was initially pumped onto an adjoining plot of land which soon

flooded, with water cascading down to the beach and out to sea.

The town hall has warned the promoters that they risk being fined for committing an environmental offence and also pumping the water without first taking out a licence.

Denia's Environment councillor Josep Crespo added that the company should not have used this method for the foundations and warned that coastal authority Costas and the regional Environment department would be informed about the situation.

Residents have opposed construction of Las Olas

from the moment the project was announced, owing to its closeness to the sea on a beach that is seriously affected by erosion. They now fear that the cascading water will destabilise the ground and affect houses adjoining the building site.

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OUR VIEW

Red faces over blue passports

THERE seemed to be an incredible irony surrounding the decision to move back to blue passports to show that Britain was recapturing its true independence from Europe.

Firstly it appears that in actual fact the move to a red passport was only a strong recommendation from the European Union and had Britain decided that it wanted to keep the colour blue (or some argue black), then it could have done so.

The real controversy has raised its head with the fact production of these new passports has been put out to tender in accordance with EU rules which meant effectively any qualified printer in any member states could bid to undertake the work.

Almost predictably, the bid from British printer De La Rue - which currently holds the contract - was rejected as being too expensive and it appeared that the job would be given to a printer based in France and Holland.

Quelle horreur, this symbol of Britishness would for the first time be printed outside of Britain at a time when the country wanted to be seen as standing strong and outside of European domination.

It is suggested that the winning bid was £120 million (€137 million) cheaper than De La Rue, but the company has managed to win a respite of a further two weeks in order to allow them to challenge the decision, based on the fact that they believe that their product will be better and more secure.

Time will tell but you couldn't make this story up!

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NEWS EXTRA

Easy money

RENTING out an apartment in Valencia City is more profitable than investing in the stock market, found the valuation association, Sociedad de Tasación, giving a 16.7 per cent return during 2018's first quarter.

More spaces

DISABLED drivers in Elda said that in order to comply with the law there should be another 20 reserved parking places in addition to the existing 53, especially outside the post office, courts and SUMA.

Pot plants

TWO Albanians who were arrested after they were found with 100 kilos of prepared marijuana and 800 plants inside an old house in Pedreguer were later remanded by a Denia judge.



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NEWS EXTRA**Sports plans**

JAVEA hopes to build a second sports centre next year, although plans are still being studied. If the project goes ahead, the centre will receive a subsidy from the Diputación's Works and Services department.

Gas hazard

A COUPLE in their 50's were found dead in their property on the outskirts of Jijona by one of their daughters. Guardia Civil investigators believe the deaths were caused by a gas leak.

Easy access

REMOVING architectural barriers has improved accessibility between Calle Orxeta and Calle Alfonso Puchades, which is visited by pedestrians going to SUMA, the Hacienda tax office or the ONCE lottery administration.



Photo credit: Qoan

BANYERES: Green and lush, unlike the coast.

It doesn't measure up

RAINFALL in the province's rainiest areas will determine whether the Baix Vinalopo and l'Alacanti are affected by drought.

Agricultural growers in both these areas were fuming to learn that the Confederación Hidrográfica del Júcar (CHJ) water board will consult two rain gauges in the Alto Vinalopo and an aquifer in Banyeres to set the parameters for drought in l'Alacanti and Baix Vinalopo.

The Marina Baja is no happier, as its

own situation will be dictated by a rain gauge in an area that has far more rainfall than the Amadorio reservoir which supplies the water used by Benidorm, Alfaz, Altea and La Nucia.

Drought would be declared once rainfall drops below the gauges' average readings, an exercise in futility according to Baix Vinalopo, l'Alacanti and Marina Baja growers, as the rainfall in these areas bears no relation to the ongoing drought in coastal areas.

Fiestas Queens must abdicate

THE Fiestas Queen will be eliminated from Gata's celebrations this year, the council announced.

This year's fiestas Santissim Crist, 'inclusive and based on equality,' will instead be represented by a couple reflecting sexual and gender diversity.

The move was decided on March 8, International Women's Day, when numerous demonstrations called for real equality between men and women, symbolising a 'before and afterwards' for Gata's political parties.

The town's system for installing the Fiestas Queen has been the same for almost 50 years, and all the 18-year-old candidates submit to a popular vote amongst the thousand or so people present.

Victory always went to the young woman deemed to be the most beautiful, pleasant, charismatic and, more often than not, from the best family. These standards are 'slightly anachronistic' according to the council.

Compromis, which heads the town hall despite being in a minority, put forward the suggestion. All political groups including the Partido Popular were of the opinion that men should be included in the selection process, putting an end to stereotypes and treating women as objects.

The town hall will agree on a new, non-discriminatory selection process with the fiestas organisers and the quintos associations of young people.

This did not mean that the town Fiestas would have a King as well as Queen, a town hall spokesperson explained.

The new formula would eradicate bias towards gender or monarchy with neither kings nor queens and the two protagonists would now be representatives 'a word suggesting democracy.'

Time for action!

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Photo credit: Hans Pama

WATER'S EDGE: No-one wants to be at the back.

Shoreline space invaders

BENIDORM beachgoers who leave unused sunbeds and beach umbrellas for hours at the water's edge are under fire again.

Compromis councillor and spokesman Josep Bigorra pointed out recently that the town hall had not yet modified bylaws to incorporate a veto on the practice.

The council voted in favour of a Compromis pro-

posal to ban this in August 2016 but the local government had yet again failed to carry out approved motions, Bigorra complained.

Each year when the high season arrives there are incidents on the beaches caused by reserving space, usually in a prime position at the water's edge, which remains unoccupied for several hours.

"It looks as though the

town hall has pushed this issue to the back of a drawer, prolonging a problem that affects the tourists who visit us and residents too," Bigorra maintained.

He has had to remind the town hall about its lack of action on two occasions, the last time in March 2017, requesting that steps were taken before problems arose once more, the councillor said.

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Cleaner water

BENIDORM mayor Toni Perez and his counterpart in Finestrat Juan Francisco Perez signed an agreement regarding water purifying.

In the winter of 2016-2017 Finestrat, like La Nucia, Alfaz and Altea had problems after gales and torrential rain stirred up silt in the Guadalest reservoir which was almost empty at the time.

All towns had to cut their supply of domestic water for several days, owing to its cloudiness and since then both La Nucia and Alfaz have installed their own filtering plants. Altea still has to begin construction but the situation has been different for Finestrat which arranged for their water to be treated at the Benidorm plant should there be a repetition of unacceptable cloudiness.

The agreement has now been formalised and water for La Cala de Finestrat, the town's shopping and industrial centre near La Cala will, if necessary, be treated at the Benidorm plant in nearby Sierra Cortina.

The mayors of both towns stressed that the agreement was evidence of the solidarity to be found in the Marina Baja where water is concerned and ensuring that the population received a quality supply.

Finestrat is the only town in the immediate area which can accede to the Benidorm plant, thanks to Alicante's Provincial Council which provided the funds to connect it to Finestrat, while the town hall will pay according to the volume of water that is treated.



Photo credit: Finestrat town hall

SIGNED: Benidorm will filter Finestrat water.

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A playground meant for everyone

CALLOSA children have a new playground, but one with a difference as it is inclusive and integrating.

Located in Plaza el Llaudador, it is designed so that children with some type of disability can also play there without difficulty.

It is Callosa's first integrated play area and is a joint project carried out by the town Planning department and Technical Services.

The playground has now been officially opened in the presence of Callosa's mayor Josep Saval and councillors, including those from the Opposition.



Photo credit: Callosa town hall

INAUGURATION: Callosa's mayor and councillors at the playground.

The new installation substitutes the existing but deteriorat-

ed playground in Plaza el Llaudador, offering an accessible

and adapted area that provides a safe place where children of all abilities can play together. The swings, slide, seesaws and other equipment are developmentally appropriate for children with and without disabilities.

Town Planning councillor Lumi Puigcerver explained that the €25,000 project had been carried out 'with much love' to encourage playing as a way of learning as well as living in harmony.

"True integration is achieved by sharing and doing things together, something that we have demonstrated with this project," Puigcerver said.

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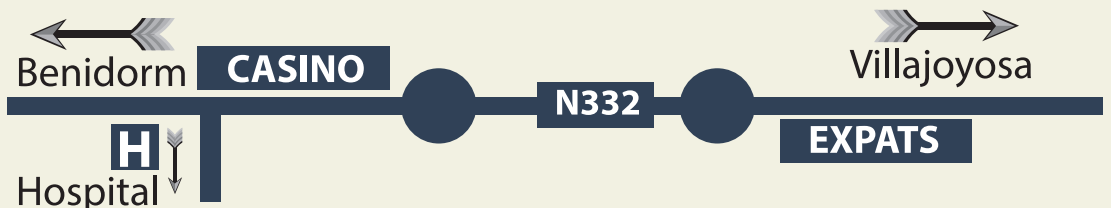
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We want our school back

RESIDENTS in La Encina (Villena), once an important railway junction, are fighting to reopen the local school.

Three years ago the school was temporarily closed for 12 months owing to a lack of pupils and the decision to close it definitively was recently confirmed by a primary school inspector.

The La Encina residents' association is now asking for the school to remain open until the end of the current school year. The closure should be based on real demand for places next September, the association maintained in a letter to Villena's mayor, Javier Esquembre.

In March 2016, La Encina issued a call, asking people to move into the town which is located 18 kilometres from Villena, to which it administratively belongs. There



Credit: Wikipedia

TIRED OF WAITING: Residents want their school reopened.

were 11 requests for school places, which allowed the primary school to remain open another year.

Following the recent Edu-

cation department inspection, La Encina residents found that it would not be possible this year and the school must remain closed.

Not what they were looking for

EXCAVATIONS to lay new storm drains in Novelda have revealed human bones.

They were discovered at the end of Calle Travessia and although they have not yet been examined by archaeologists, their location suggested they date from the 11th or 12th century.

Installing the new drainage system was progressing on schedule but the find means that work will inevitably be delayed.

"An archaeological dig must first locate all of the bone fragments so that they can be analysed and dated," explained Francisco Cantos, Novelda's Urban Quality councillor.

The find did not come as a surprise, he said: "This was expected because we knew that something like this could happen as the workmen moved further into the historic quarter."

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Just how much inheritance tax do you want your loved ones to pay?

By Sam Kelly, Managing Partner, Chorus Financial.



Chorus pride ourselves on offering the highest level of financial planning of any company here in Spain. We understand that beyond the need to be simply 'sold' investment products, Brits here in Spain need the same expert financial planning as they would expect in the UK.

Inheritance tax planning is an area that is too often overlooked, as it requires experience and expertise that is often lacking outside the UK. The right advice in this area can have a hugely positive impact on your loved ones in the future.

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Jane and David have savings and investments of £800,000 accumulated throughout their lifetime, along with 2 rental properties in the UK and their home here in Spain. As it stands, a large chunk of their estate will be subject to both UK and Spanish inheritance tax. They would like to pass as much as possible onto their 3 children, who all live in the UK, whilst enjoying an income from their savings in the meantime.

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Jane and David wish to take a 5% income, so £35,000 a year, from the bond, whilst also protecting their children from inheritance

tax. The solution for this is to gift the bond into a 'Discounted Gift Trust'.

John passes away 6 years later, and the bond changes from a joint-life, to a single-life bond, with no requirement for probate or Spanish spouse-to-spouse IHT. Jane continues to receive the £35,000 a year income. After a further 5 years, Jane passes away. As the bond itself is not a Spanish based asset, there is no Spanish inheritance tax for her UK based beneficiaries to pay. As the bond is in trust,

there is also no UK inheritance tax to pay, and her 3 children receive the proceeds entirely tax free.

The solution in this example not only provides a tax efficient income during Jane and David's lifetime, but also entirely mitigates against inheritance tax in both Spain and the UK.

This is not to say that you would require the same tailored solution. Before we provide you with any advice, we carry out a full review of your circumstances so that we can find the solution that is the most suitable and appropriate for you.

There are a variety of providers of Spanish Compliant Investment Bonds, including Old Mutual, The Prudential and SEB. Chorus will always promise to match or better any fee package offered by another advisor, whilst offering the highest quality, ongoing portfolio management for your plan.

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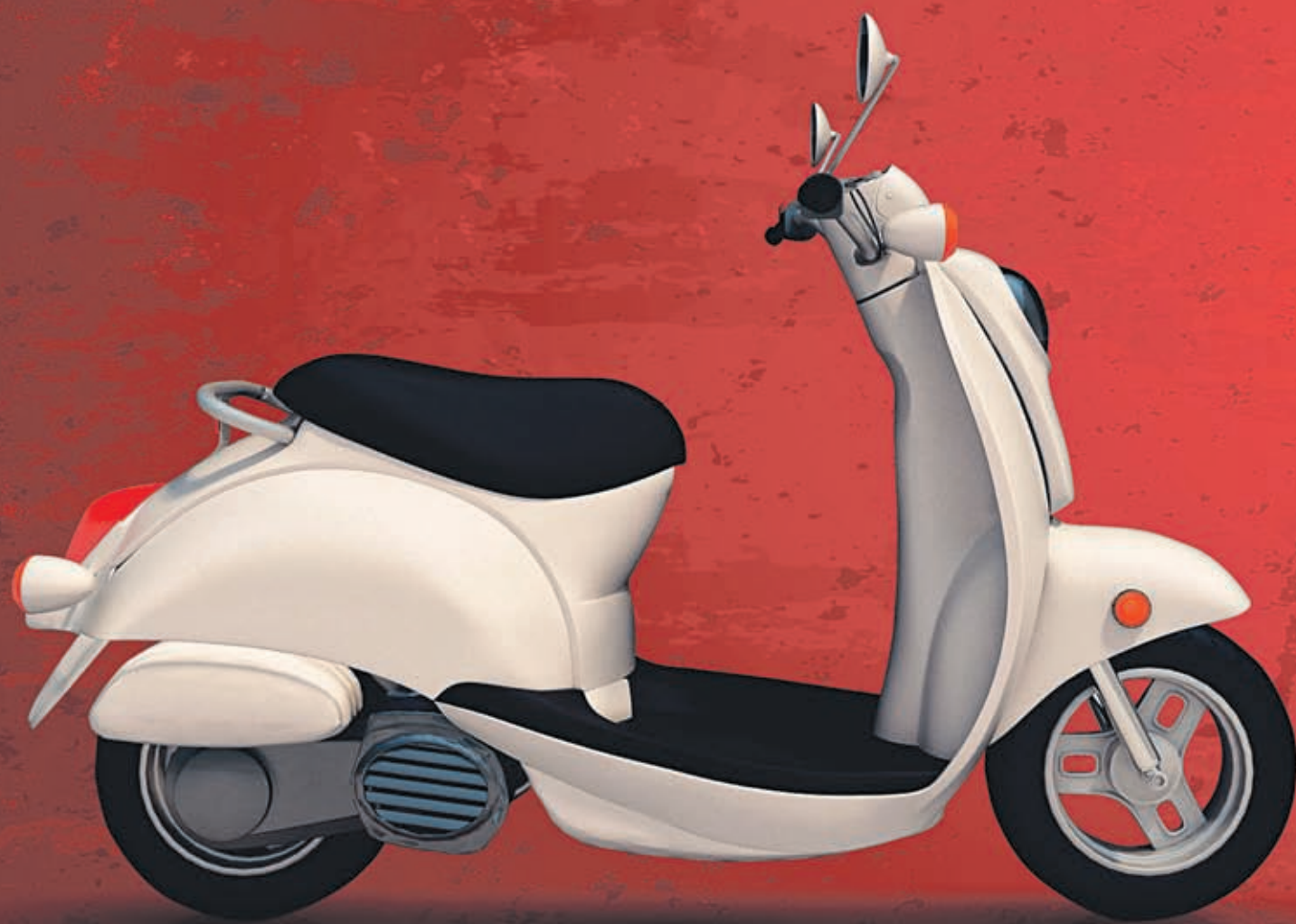
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CRACKING UP: Concerns for roads in Jijona.

Sweet factory leaves a bitter taste

A WELL-KNOWN turrón manufacturer is making life less sweet for residents on the Vistabella urbanisation in Jijona.

In summer 2016, work began on developing and creating green spaces around the Antiu Xixona plant in the Sagrada Familia district. The €300,000 project has not yet been finished, although it should have been completed by December 2016 and the Vistabella residents are losing their patience.

Cracks began appearing in the road as soon as work began and these are now five centimetres wide and continue to get bigger, they com-

plained. Worse still, earth in a retaining wall has shifted.

Fearing that the situation could eventually affect their properties, residents have passed on their worries to Jijona Town Hall, asking them to take steps to ensure that the cracks do not continue to get bigger.

The town hall explained that Antiu Xixona, whose first report on the problem was inconclusive, has been asked to clarify if the work round the plant is destabilising the street. If so, the company will have to take the necessary steps to repair the damage.

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Enraged neighbour turns killer

HUNDREDS of people bade farewell to Africa Elena Moreno, stabbed to death by a neighbour complaining of noise.

Africa, who was 58, was a much-liked administrative employee at Alicante General Hospital, where colleagues held a minute's silence when they heard of her murder.

A neighbour who lived below her mother's apartment stabbed her 40 times, complaining that she was making too much noise.

In fact she had gone to collect her 92-year-old mother to take her out on her birthday. As both women left the apartment her upstairs neighbour stabbed her without saying a word.

Neighbours alerted by her cries contacted the emergency services who sent police patrols and an ambulance, although Africa arrived at Alicante General with heart failure and died



ALICANTE HOSPITAL: Colleagues held a minute's silence after the murder.

shortly afterwards in the hospital where she worked.

Police went to the apartment building and arrested the alleged attacker, a man of 41 whom neighbours say has mental health problems and who complained of the noise made by Africa's mother.

Neighbours were shocked by Africa's death but not surprised. The younger man was detained

in 2008 for immobilising another neighbour while his father stabbed him in the neck during an argument over a parking space.

Everyone was afraid of him, they said: "He never said hello and gave you a dirty look whenever you walked past him," said an apartment owner in the same block. "He acted as though the world belonged to him."

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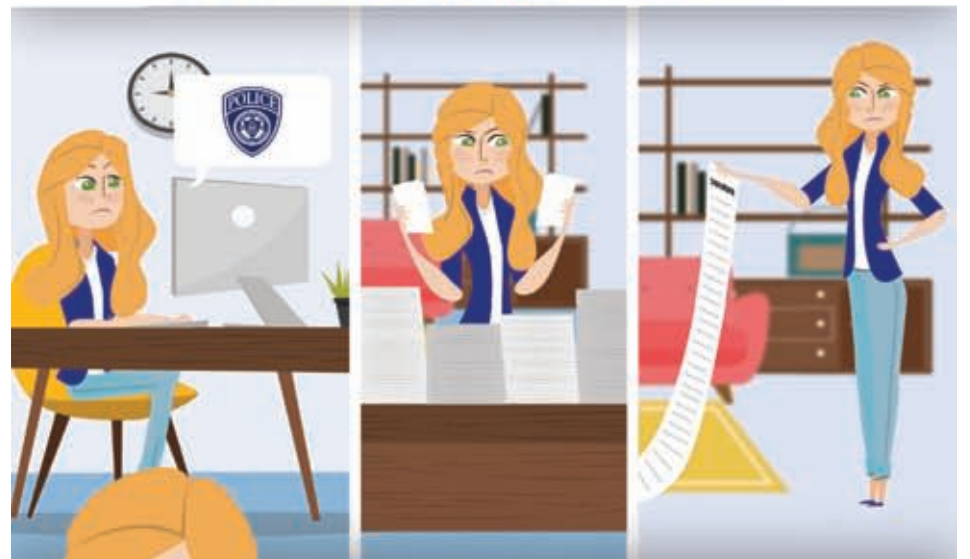
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Fish farm off the menu



Photo credit: Joanbanjo

GENERALITAT REFUSES: Fish farm would have endangered marine wildlife.

THE regional government definitively vetoed a 47.5-hectare fish farm off Calpe.

The Generalitat's Environment department maintained a rejection initially issued by its predecessors in 2014. The company involved, Niordseas SL, was given leave to appeal against the decision but four years later this option no longer exists.

The company intended to combine fish farms located in

Morro de Toix off Calpe and another in the northern sector of the Bay of Altea. At present the Calpe installation produces an annual 218 tons of sea bass and gilt-head bream and Altea produces 241 tons.

Had the enlarged fish farm gone ahead, it would have produced 3,500 tons of fish each year, an increase of 762 per cent, covering an area 245 per cent larger than before.

The Generalitat withheld permission for two reasons, regional sources explained.

Calpe's existing installation is located two kilometres away from a submerged sewage outlet where seawater analyses confirmed the presence of faecal microorganisms and bacteria.

The enlarged fish farm would have been only 650 metres away and if fish were contaminated by the outfall,

this would produce a public health risk in a location where it would be impossible to introduce corrective measures.

The Generalitat also rejected the project on environmental grounds. "The fish farm would compromise ecologically-important marine wildlife and vegetation and affect extensions of coral-like habitats between the Peñon de Ifach and Punta de Toix", the Environment department said.



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Some unholy goings-on

THE pilgrimage between Alicante City and the Santa Faz monastery in San Juan has existed for almost five centuries.

It is held on the second Thursday after Easter, which this year falls on April 12 when an estimated 300,000 people will walk the eight kilometres between San Nicolas cathedral and the monastery.

For young people from the city and further afield, the pilgrimage is an excuse for a mammoth botellon session for around 20,000 people, many of them underage.

They stock up on alcohol and mixers in supermarkets, frequently failing to return the trolleys, and start drinking early in the morning. Practically all of them then make for Playa de San Juan beach, rather than the monastery.

In contrast to the passivity of former years, Alicante City Hall intends to confiscate all trolleys and will al-



Photo credit: Rodrigoillo

SANTA FAZ: Not all the pilgrims get this far.

so fine any adults found drinking in the street or Playa de San Juan beach.

Supermarkets will be urged to report all robbed trolleys so that the teenagers who take them will be aware that they could be accused of theft.

Police will also ensure that the prohibition on selling alcohol to under-18's as

well as drinking in the street is enforced, imposing €90 fines.

"We want to get the message across," said Alicante City's Public Safety councillor. "We know the fines will not solve the problem in a year, but we want to spread the word so that people know what to expect in future."

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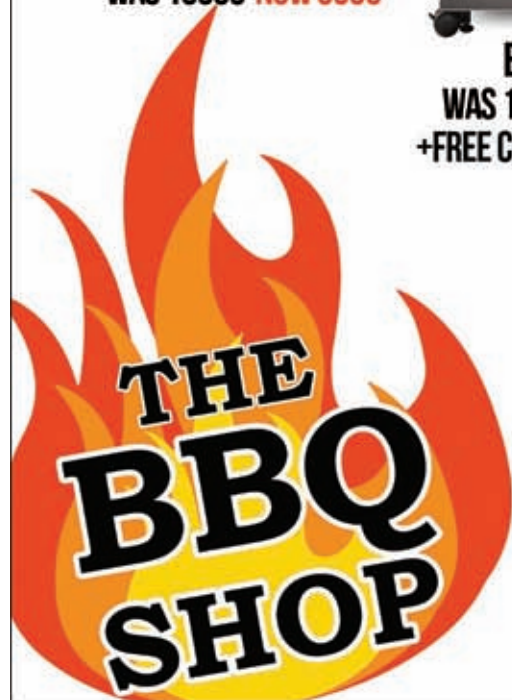
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Infighting over Xylella crisis

THE Unio de Llauradors agricultural union questioned claims that it was failing growers over the Xylella plague.

The Axfa support group represents growers in the Marina Baja, Marina Alta and El Comtat whose almond trees are infected by the deadly Xylella bacteria known as 'tree Ebola.'

According to Axfa, the Unio de Llauradors had not been in touch with even one grower since the first infected trees were detected last winter.

The union replied that it organised 43 meetings in the Valencian Community. The majority were held in the three Alicante Province districts affected by Xylella, it added.

Unio had also been in touch with Asaja, another body that represents growers and farmers, a spokesman said.

Its officials had met both Asaja and Axfa representatives last November in Tarbena in order to work out a plan of action which it intended to pass on to the regional govern-

ment.

Josep Antoni Ferri, Unio's area secretary, recently lodged a formal complaint against several Axfa members who allegedly pressured and threatened him and tried to hit him at a March 5 meeting in Callosa.

Axfa responded that the union's reaction showed that it "had a guilty conscience" and from the outset had supported the Generalitat's stance "for political reasons."

The Unio emphasised that it did not want to see growers' trees felled and destroyed but the directives were imposed by a European Union law and there was nothing else to be done.

26

People died in traffic accidents in Spain over the Easter holiday period according to the traffic directorate, four more than last year.

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Separation and divorce in Spain

Change of country of residence of the minor children

NOWADAYS it is not unusual for couples to decide to end their relationship.

These breaks can become

more complicated when there have been offspring and the children in common are still under age.

In such situations, when the couple live in and have their domicile in Spain it would be necessary to go to the Spanish civil courts, where according to Spanish law there are two options open:

The first would be that both parties decide to sign a voluntary regulatory document where they agree on all matters related to the children which may include custody, exercise of parental authority, visitation regime and pension, payments or maintenance of the minor/s.

The second option is to resolve the conflict - if they cannot agree to terms that are acceptable to both of them - which will lead to a contentious claim, generating a judicial procedure.

In such a situation each party would need to plead their case in court and a judge will make a formal decision establishing

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the exact terms of any agreement which it believes to be most beneficial for the child.

In either cases, each party must be represented by a lawyer.

Change of residency for a minor

Such a situation, which on the face of things may appear simple, can be complicated in any case in which the parent to whom the judge gave custody over the child, later decides to move to another country or city taking the minor with him/her without having obtained the consent of the other parent who was simply granted a visitation

regime and does not have custody.

Should the parent who has custody decide to undertake this action unilaterally, it is not legal and can be a criminal offence, so the decision to move the child to another country or place of residence must be by mutual agreement.

In those cases in which the parent who holds custody wishes to move his or her residence taking the child with them to another country or city can only do so if the other parent agrees. If not they will have no alternative but to ask the courts to make a ruling to alter the original court judgement.

The judge will, in such a situation take into account factors such as the emotional ties that the minor has created with the custodian parent, if he/she has remained under his/her care from birth to date, the language

and customs in the new country of residence as well as other matters of importance which could affect the child.

In all cases, it must be borne in mind that in Spanish law it is consolidated jurisprudential doctrine that the judge will make his final decision as to whether or not to accept the change of place of residence of the child on the principle of favor filii. This means that he will only take into account the benefit and interest of the child in order to decide what is best for him or her.

If you want advice about a divorce, separation or any matter relative to family law in Spain, **contact us and we will help you.**

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

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ALFAZ DEL PI / ALBIR NEWS

Women on the defensive

MORE women than ever are joining Krav Maga martial arts classes in Alfaz.

This military and self-defence system was developed for the Israeli defence and security forces and was introduced 12 years ago by Bruce Sanchez for a handful of pupils.

More than 30 people now attend the classes at the Veles e Vents school which has received visits from important national and international figures like Marc Shoeter and Jean-Pierre van Meirvanne.

The former has worked on several occasions with Jean Claude van Damme and the latter is a recognised expert in



Photo credit: Alfaz town hall

KRAV MAGA: Increasingly popular with women.

jujitsu. Francisco Javier Rodriguez, Spain's most-qualified instructor has also held seminars at the school.

Krav Maga is not only used for self-defence and the directors of Krav Maga Costa Blanca have been authorised by

the regional government's Justice and Interior department to give courses to those intending to take out a licence allowing them to work as disco and nightclub security guards.

Local women are taking an increasing interest in Krav

Maga and account for almost half of those regularly attending the classes, as recently explained by instructor Tomas Lopez Caleyra to Alfaz's Equality councillor Genoveva Tent and Sports councillor Luis Miguel Morant.

THIS year sees lifesavers on Altea's beaches for the two weeks of the Easter break.

Preparing the beaches took a fortnight, said Beaches and Infrastructure councillor Roque Ferrer.

This included installing a new type of walkway on the Cap Blanc, La Roda and Espigon beaches: "We have chosen concrete with a wood-grain effect," Ferrer added. "On the one hand we have improved accessibility owing to the walkway's stability and on the other we are cutting down on maintenance costs as these can be left in place and won't need removing each winter."

Owing to budget restrictions, his department had not yet been able to install these on every beach where the usual wooden walkways will still be used, the councillor explained.

The Cap Blanc and La Roda beaches already have blue flags and the town hall has applied for another for l'Espigo, Altea's new beach.

"It complies with all the requirements for a blue flag, not only because of the quality of the water but also its services, accessibility and location."

Beach wash and brush-up



Photo credit: Altea town hall

WALKWAYS: Won't need removing each winter.

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Road sense

ALL political parties on Altea Council voted to ask the Ministry of Public Works not to construct a ring road or oblige the town hall to decide on a route through the municipality. Instead Altea should have a southern access using a toll-free section of the AP-7 motorway, they said.

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Hotel beds set to triple for summer

AN estimated 400 new hotel rooms are expected to be available in Moraira this year.

The region is set to see two hotels open later this year, with the number of rooms available in Moraira reportedly set to triple.

The two-star Gema hotel is set to reopen later this month, which will have 42 rooms and create 90 new beds, while the much anticipated El Rodat de Moraira Wellness and Spa Hotel is also expected to be open in time for the summer.

Works on El Rodat de Moraira first began in 2011 and the owners had report-



BRAND NEW: The brand new five-star El Rodat de Moraira is set to open this summer.

edly planned a €20 million investment in the project, to be originally open in the spring of 2012.

However, works were halted due to the economic crisis, but the hotel's long awaited arrival is now ex-

pected this summer, following in the footsteps of the four-star El Rodat de Javea.

The brand new five-star hotel is expected to have 100 rooms housing 300 beds, including double rooms, and junior and grand suites; while the complex will also have special 'suite bungalows.'

It is also expected to have a large spa on the complex, which will offer a number of personalised treatments to guests throughout their stay; while the hotel's event area will have a 500-person capacity and let guests enjoy the nature surrounding them.

Moraira among most popular for foreign home buyers

TEULADA MORAIRA is among the municipalities in Alicante with the highest demand for foreign home investment in Spain.

According to estate agent Home España, Alicante remains the preferred province of Spain for the European market, with 40 per cent of its home sales reportedly coming from foreign buyers.

Foreign home investment reportedly reached record figures in Spain last year, with non-resident foreign citizens buying more than 61,000 homes across the country, rising 7,000 more than the previous year, a trend which is expected to continue into 2018.

Home España said areas with the highest demand on the Costa Blanca are Denia, Javea, Orba, Teulada Moraira and Benissa.

The company also claim the average investment of foreign buyers in the area ranges from €200,000 to €400,000 and types of housing in demand are villas with three bedrooms, two bathrooms and a pool; or townhouses in a complex with a communal pool.

On those who invest the most, Claire Johnston, Business Director of the Home España office in Denia told local news outlets: "The most common buyers are British, Dutch, German or Belgian middle class, between 50 and 65 years of age and retired or close to retirement, in search of their second home."



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Teulada Moraira

NEWS

Civil Protection leading the way

THE Teulada Moraira municipal Civil Protection volunteer service reportedly attended more than 600 emergencies in 2017.

On average, the Civil Protection volunteers' response time to emergencies last year stood at 4.6 minutes while the service received between two and three warnings per day.

The month that the service attended the most incidents was August, with more than 60 incidents,

while the lowest was November, with a little more than 20.

The Teulada Moraira Civil Protection volunteer team, made up of 40 volunteers in the health branch and 10 in public safety, is not only responsible for attending emergencies but are also needed to respond to daily work transporting people with physical and mental disabilities to the region's special education and care



VOLUNTEERS: The Civil Protection service in Teulada Moraira attended more than 600 emergencies in 2017.

centres.

Mayor of Teulada Moraira, Carlos Linares, and councillor for Citizen Security, Nacim Benatsou, said that the data shows

just how important the group are to the community while the councillors also thanked the volunteers for the time they have dedicated to their roles.

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Xabia's Bike open third shop

POPULAR bike shop Xabia's Bike has opened its third shop in Moraira's Marina Alta.

Cycling enthusiasts Martin Stadlhofer and Alex Chacon first opened their unique bike shop in Javea before later expanding to open a second shop in neighbouring Xalo.

And following the success of the other two

outlets, the pair has now opened their brand new 300-metre shop located in Moraira's Marina Alta, next to the road that leads to Calpe.

Xabia's Bikes are known for selling all forms of bicycles from electric to road bikes while they also stock mountain, hybrid and children's bikes and a wide range of biking accessories.



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JAVEA - XABIA

NEWS

Better image

THE Central Cinema in Javea looks like new following a coat of paint and a decorative panel.

The cinema's new role has not yet been decided, but the town hall smartened its facade following complaints from local shopkeepers and business-owners that Javea's Old Quarter now attracts little custom.

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A year in numbers

JAVEA'S Local Police attended to 8,779 cases in 2017, a figure similar to 2016.

Forty-three per cent were administrative police cases, 20 per cent were traffic incidents and 21 per cent were public safety issues.

The force was called on for help in 1,700 instances, of which 624 were health matters and a further 403 were requests related to pets and animals.

The Social Attention and Protection Unit (UAPS), which attends to gender violence, followed up on the 32 protection orders and dealt with numerous citizens' calls and questions.



YEARLY REPORT: Javea's mayor with Local Police officers.

There were 346 traffic accidents in 2017 with no fatalities, although 32 people were injured, three seriously. The Local Police also issued 5,700 traffic fines and in May last year began carrying out drug controls as well as breath tests. Seventeen drivers tested positive for cocaine, cannabis and opioids.

In another new service, Javea's Local Police acted as mediators in 65 instances, resolving 43 of them and awaiting an outcome on the remainder. Most involved clearing overgrown land, high fences between properties, encroaching vegetation and communication between neighbours.

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Credit: Wikipedia

LOOKING BRIGHT: The streets of San Francesc.

Men in white brought in

CALLE SAN FRANCESC was sealed off as specialised operatives took away old fibro-cement water-pipes.

Their removal was prompted by renovations and improvements to the San Francesc neighbourhood infrastructure and residents

could neither enter nor leave their homes during the operation and were told to close their windows.

The men in white hazmat suits, helmets and breathing masks removed the water-pipes with their dangerous asbestos content, later wrapping

them in black tarpaulin and carrying them along the deserted street to a waiting lorry.

This is unlikely to be the last time that specialists are brought in to remove fibro-cement water pipes as there are others that must be eliminated, municipal sources said.

Young owner neglected horses

A 24-YEAR-OLD in Muchamiel is under investigation after Seprona found seven undernourished and uncared-for horses on his property.

The Guardia Civil's nature protection unit was called in after a receiving a tipoff that seven horses were living in bad conditions at a local stables.

Officers found the horses living in filthy surroundings, ankle-deep in manure. One water trough was broken and had no water, food troughs

were empty and feed was scattered on the ground, the Seprona officers discovered. Rubbish was also piled up everywhere.

The horses, which lacked health and identity documents, were not registered with the town hall and the property was not licensed as a stables.

If found responsible, the young owner faces a one-year prison sentence for offences against wildlife and domestic animals.

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Advertising Feature

Enjoy Denia!

GUIDE for tourists who want to stop being one!

Have you ever heard of a local dish called espenca?

It is a traditional and very typical dish of the Valencian Community, delicious, and made from natural seasonal vegetables and cod. It consists of a kind of salad made with baked aubergine and red peppers, cod, all mixed with garlic and olive oil. Some choose to also add pine nuts, capers or olives, but the traditional ingredients are those shown above.

The main ingredients, aubergine and peppers, end their natural season before summer, so right now is the perfect time to enjoy this local recipe at its peak. This is a simple dish, whose quality lies in the freshness of the product, since its preparation is minimal.

Let's see the fresh seasonal produce ingredients and the two simple steps to follow to make this traditional recipe of Marina Alta;

Ingredients:

- 2 Red peppers
- 2 Aubergines
- 125 gr. of cod
- 4 cloves of garlic
- 125 ml. Of olive oil

Recipe:

1. Preheat the oven to mid heat. Clean the peppers and aubergines and smear them in olive oil. Place them on a baking tray. Be sure to pierce the aubergines in several places because they can burst if you don't! We bake them about 20 minutes then wait for it to cool a bit. This will make it easier to remove their skin once cooked.

2. Once peeled, Chop the vegetables into strips and add the chopped fresh garlic and small pieces of cod. Season and stir everything in a deep dish. Add drizzles of finest local virgin olive oil, then wait 15 minutes for it all to settle.

3. Serve and enjoy in good company with a delightful red or white wine.

Ca Pepa Teresa Restaurant

The recipe above is for a fresh and simple plate, ideal to enjoy at this time of year. But if you've never tried it and you want to know where you can find one of the tastiest and most traditional versions, you must visit Ca Pepa Teresa, in Calle Loreto 23, in Denia.

Here you will find a wide selec-

tion of the most traditional dishes of the Marina Alta, all prepared expertly

and always with highest quality products from the area, fresh and in season: Cocas, rice, tapas, fresh seafood and meat...

Whilst there, you must try one of the specialties of the house. The Cocas de la Marina are garnished with different ingredients so you can try differing aspects of our rich gastronomic tradition.

Come once, and you are sure to turn it into a regular ritual. In addition, you will be in the gastronomic heartland triangle that is Denia, where the culinary tradition of the Marina Alta is currently being expertly revived and conserved, among other gastronomic offerings.

The design of Ca Pepa Teresa restaurant is an authentic and singular space, configured in a diaphanous way, presided over by robust semicircular arches built with ashlar masonry. Light and transparency are its main feature, linking kitchen and dining areas, to establish a direct communication between the kitchen and

the diner.

The fresh and local product, and the influence of traditional cuisine, make a restaurant that combines the charm of its rooms with the quality of its dishes. Make your reservation at restaurantesdenia@gmail.com and benefit from special discounts and exclusive offers.

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BEACH ACCESS: A tempting alternative to hot-desking in the office.

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WI-FI in Benidorm will eventually provide free internet for two million users.

At present there are 30 access points along the town's frontline that can be used by 20,000 people at a time although coverage will gradually be extended to cover the entire town.

The service will also have its uses for the town hall and Visit Benidorm who are responsible for the service as Wiongo, which has installed the system, will manage and analyse all the data obtained from users. Although their anonymity will be protected at all times, this data will reveal users' tastes and preferences.

The project was tested last year on the Levante and Castillo beaches and it has taken nine months to extend the Wi-Fi which now continues to the Old Town and the Poniente beach.

The pilot scheme will continue for four years at zero cost to the town hall, explained Benidorm's mayor, Toni Perez.

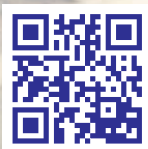
"Connecting is very simple," explained Wiongo's founder and CEO Mauricio Socias Development manager. "Users only need to visit the page where the name Visit Benidorm appears to get a connection, without any need to register or provide personal details."



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JACK KNIFE: The man careered into a parked car before being pinned down by police.

Well fuelled!

A 'DRUNK' British holidaymaker was held by Spanish police after stealing a Coca Cola delivery lorry in Benidorm.

Footage emerged online showing the unnamed man shouting in English while being pinned down by an officer as horrified pedestrians look on.

He reportedly made off in the vehicle while the driver and his colleague were making a delivery on the corner of Avenida Mediterraneo and Calle Filipinas, before crashing into a parked car.

The video was shot by one of the delivery men, who explains that "this drunk foreigner stole our

lorry and everyone is watching. We called the police and pulled him out before they arrived.

"It was just unbelievable."

The culprit reportedly refused to undergo a breathalyser test before he was taken away, but it is unclear if he has been held in custody.

As he protests one of the police officers is heard to say in English: "Don't move a bit, buddy."

Benidorm's security councillor Lorenzo Martinez told local press that the dramatic incident showed "once again how effective our police are."

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Photo credit Twitter

FATALLY GORED: The Easter bull-running festival in Arcos de la Frontera, southern Spain.

Easter death shock

One killed and 20 injured in bull run

A MAN has been fatally gored at an Easter bull-running festival in southern Spain and a further 20 people hurt, one seriously.

The well-known local man, in his 50's, was gored in the lungs by a 510-kilo bull named Trampero, in the first run of the bulls at the festival in Arcos de la Frontera in Andalusia.

Despite being rushed to hospital in Jerez the man died from his injuries.

A shocking video of the incident that drew screams from horrified onlookers has been widely circulated on Twitter.

Another man was reported seriously in-

jured in the second bull run when his stomach was pierced. He was treated at the field hospital before being transferred to Villamartin.

More than 20 minor injuries were reported during the afternoon.

Over 120 safety and security personnel took part in the festival including Guardia Civil officers, Local Police, Civil Protection volunteers and paramedics.

In a statement, the mayor, Isidoro Gambin, expressed his 'support and affection' towards the family and close friends of the deceased.

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Murder suspect held

Brit teen hands himself in to Dutch police

by Matt Ford

A BRITISH teenage murder suspect who was thought to be holed up in Spain has handed himself into police in the Netherlands.

Detectives have been hunting fugitive Bradley Blundell, 18, since John Pordage, 34, was shot through the heart outside a petrol station in Chelmsford, Essex, last summer.

And Essex police have confirmed that extradition papers are being readied after Blundell turned himself in at a sta-

tion in Dutch capital Amsterdam on Saturday.

Detective Chief Inspector Martin Pasmore, of the Kent and Essex Serious Crime Directorate, told UK media that the victim's family have been informed.

"A number of agencies both in the UK and abroad, including the National Crime Agency (NCA), have been involved in this search, and we extend our thanks for their welcome assistance," he added.

Mr Portage died from a single gunshot during an early morning confrontation at a BP garage on August 5 last year.

A 16-year-old boy was last month cleared of the attack but charged with perverting the course of justice during a trial at Chelmsford Crown Court.

And 18-year-old co-defendant Saul Stanley was found guilty of firearm offences be-



Photo credit Essex Police

GOT HIM: Bradley Blundell and (inset) victim John Pordage.

fore being jailed for five years. thought that Blundell had fled to Ibiza in the wake of the shooting.

Investigators initially

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'Bargain-Loving Brits In The Sun' heads

HIT British TV series Bargain-Loving Brits In The Sun is saying 'adios' to the Costa Blanca and heading further south to Spain's Costa del Sol.

The Channel 5 reality series

has followed the lives of Brits who opted to move to Benidorm for a low-cost life full of fun in the sun.

But, speaking exclusively to the *Euro Weekly News* this af-

ternoon series producer Bob Brear said they were moving on.

"In the new series we will be filming all types of Brits between Malaga and Marbella.

"We will start in earnest looking for people next week and then come to Spain to meet people around the last week of the month.

"Then we will start shooting for 10 weeks from May 14."

In today's surprise announcement Bob said, "It is with a heavy heart that I have to say we are moving on to pastures new.

"After three years of BLBITS and four years of Benidorm ER, the last seven years in Benidorm have been wonderful.

"Over 50 hours of top notch, fun, emotional, exciting and downright bonkers TV has been made and broadcast by us in brilliant and beautiful Benidorm. Friendships and lifelong memories have been made for both us and all the

people we have filmed.

"Myself, the production teams and all Blakeway North TV would like to thank you for your continued support and love of our beloved Bargain Loving Brits In The Sun.

Bob explained, "The Bargain Loving Brits show had a little summer holiday to Blackpool recently and Channel 5 have decided it's time to get back out on the road again. Mainly because every one of us loves a bargain and there are plenty of other Bargain Loving Brits out there who deserve a chance to get on the telly and show us how they 'live twice the life at half the price.'

"The Costa Blanca has been our home for almost a decade so it seems only fair to give another Costa a crack of the whip and we are heading to the other British home from home; the Costa del Sol to film this year.

"We hope to find as many wonderful, charismatic and su-

perb folk as there are in Benidorm, nearby fancy Albir and the rest of the Costa Blanca.

"It's sad to go (some might say it's very much "NOT Happy Days") but I hope you will all wish us well on our new adventure.

"BUT... it's not all doom and gloom, the series could keep running and running for who knows how long so this isn't goodbye it's more a 'hasta luego' for now, a little breather if you will - or a mini break from our home from home in Spain.

"We will all miss Beni so much, so I hope we can come back soon. Actually, saying that, if you have any ideas for documentaries and shows in Benidorm please let us know. Any excuse to come back would be much appreciated!

"Thank you so much, we are nothing without the fans and viewers who tune in every week and the great people who let us film them."

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HIT REALITY SHOW: Bargain-Loving Brits In The Sun.
MARBELLA BEACH: Brits from Malaga to Marbella will star in the new series.

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Credit: Jalon Valley Help

ALL SMILES: Jalon Valley Help Committee.

Jalon Valley Help holds AGM

OVER 50 members and volunteers attended the AGM of Jalon Valley Help.

Elaine Horton, President, told everyone that their 25th anniversary year had been a very successful year.

The Charity's Anniversary Party in June 2017, had been not only a splendid celebration but an indication of the regard in which the charity is held, with dignitaries attending from as far afield as Valencia and Madrid.

Ánimo, the charity's drop-in centre has gone from strength to strength this year, with more and more people coming for both advice and for the social contact.

The use of Hospital Ferris at Fontilles is also increasing and Elaine was pleased to announce that the charity

will be increasing its level of accommodation there in the near future.

She praised the members and volunteers for the part they had played in the charity's success, emphasising that everyone is an important member of the team, irrespective of their role.

She then quoted the well-known phrase: "Together we can make a difference."

The charity is looking for more volunteers, particularly to work in its charity shops or to help with the organisation of events.

If you would like to become part of this great team, please contact Elaine on 659 624 643 or call into Ánimo Drop-in Centre in Alcalali on any Tuesday morning.

Warm hearts in Iceland

ARC wishes to thank all the customers who bought raffle tickets and donated money to Jalon Valley

ARC during their 'Bag Packing' event.

The ARC volunteers were all kept very busy and the animals in ARC's care will benefit from the amazing €738 raised from the generous donations.

Penny, the manager of Iceland in Benissa, drew the raffle tickets and all prize-winners have been notified. If you have won, you can collect your prize from the ARC Charity Shop in Jalon at Carrer Valencia 1 between 10am and 1pm.

ARC would like to send a special thanks to Penny and all the staff at Iceland for allowing them to hold the fundraising event and for the generous Easter egg raffle prize that was donated by the store.

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Shining light on suicide and self-harm

PIETA House's flagship fundraising awareness event celebrates its 10th year this May in over 150 venues in Ireland and across the world.

Darkness Into Light began in 2009 when 400 people came together in Dublin's Phoenix Park to raise awareness about suicide and self-harm.

From these humble beginnings, Darkness Into Light has blossomed into a global movement against suicide and self-harm, with over 200,000 expected to take part on Saturday May 12 this year. This unique event will begin at 5.15am as participants walk 5km routes in different locations and finish as the dawn is breaking, journeying together from darkness into light.

An engagement event to launch Darkness Into Light for the first time on the Costa Blanca will be held this Saturday and Sunday at Gogartys at La Zenia from 12.00 noon until 3.00pm.

Executive manager of the Costa Blanca committee, Beverley Duffin, is encouraging people to attend and register to take part in the walk on May 12. She said: "We have



BE ENLIGHTENED: Information will be available at the engagement event.

been incredibly pleased with the support we have received since taking part in the St Patrick's Day Parade, as suicide and self-harm are serious problems across the globe including here in Spain and we need to face them together."

Speaking on the importance of the event, Pieta House CEO, Brian Higgins, said: "I want to ask everybody to wake up and join

us in support of families and friends affected. All of our services are free, but the demand for them is ever-increasing. We all need to wake up to the stigmas that lead people to self-harm and into suicidal crisis, and to open the doors of Pieta House."

Registration for this year's event is now open and can only be done online at www.darknessintolight.ie.

Pepa walk

THIS month, PEPA will hold two fundraising events in addition to its usual monthly quizzes, lunch and book sale.

The first is a sponsored walk, which will take place in the Jalon valley this Sunday and the second is a dance party night which will be held in Muro de Alcoy on Saturday April 28. Details can be found at www.pepaspain.com.

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Advertising Feature



LINEA DIRECTA: Offer a valuable professional service.

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CAR insurance policies from Linea Directa offer customers a diverse team of over 250 lawyers, all with expert experience in their specialised field, who are available for over the phone consultations and drafting of legal documents, all in English.

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How the service works

A legal consultant will be tasked with answering your call or email, providing fast and efficient answers to all your queries, as many times as you need. If they cannot provide an immediate response, because a particular query requires more in-depth research or additional legal consultations, then a response will be provided within a

maximum 24 hours.

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For emergency cases, regardless of the time of day or night, customers may consult specialist legal advice, which due to the gravity of the situation, cannot wait. Examples of these types of 'emergency situations' are any incidents relating to the home being burgled, domestic violence, or emergency travel matters.

Attendance of a lawyer

Should the insured be arrested as a result of a road traffic offence, Linea Directa will provide them with a lawyer at the corresponding police station to assist them with any preliminary police statements. This assistance will be provided within four hours of the request for the service.

We hope the information provided in this article is of interest.

*If you would like to contact Linea Directa please call 902 123 309
More information about Linea Directa online at www.lineadirecta.com*





A BLACK BEAUTY: Jenny needs a new home.

ARC appeal

THIS is Jenny, a beautiful Labrador-type dog who is about four years old. Sadly, her previous owner was unable to look after her any longer due to ill health, so she needs a new home as soon as possible.

She is a lovely dog who is good with other dogs and she would make a great companion and family pet. She has been spayed, has a passport and is microchipped. All fostering fees will be paid by ARC and there is no adoption fee, but a donation

would be greatly appreciated.

ARC also has many other dogs and cats needing homes. Food and donations are always urgently needed and can be left at ARC's charity shop at Carrer Valencia 1 in Jalon between 10.00am and 1.00pm from Monday to Saturday.

For more information, contact Sally on 625 985 689 or Jayne on 649 310 285. Alternatively, you can find them on Facebook (Jalon Valley ARC) or email them at jalonvalleyarc14@yahoo.co.uk.

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FRANCE

Off track

FRENCH rail workers kicked off three months of rolling strikes on Tuesday, part of a wave of industrial action that will test President Emmanuel Macron's resolve to reshape France with sweeping reforms.

Border cross

ITALIAN officials have been fuming since gun-carrying French customs officers turned up at a railway station in the Alpine village of Bardonecchia last week to confront a Nigerian passenger suspected of carrying drugs.

Parking snide

THE city of Paris has filed a



Credit: Saint-Omer Twitter

12,000 plastic ducks were released in a local river for charity.

complaint against the private company which is responsible for parking control in 14 separate districts which it alleges scammed drivers into paying parking fines.

Moby duck

A HUGE basket of 12,000 plastic bath ducks was released on to the Aa river in Saint-Omer as part of a charity fundraising duck race this week.

GERMANY

Parcel bomb

BERLIN police confirm a parcel bomb delivered to a German trade association, the fourth delivered in recent months is an attempt to get money illegally from logistics giant DHL.

Food row

A FOOD BANK in the German city of Essen found itself at the centre of the country's increasingly divisive de-

bate about immigration and announced that it would once again allow non-Germans to sign up for its services.

Migrant boost

IMMIGRANTS with limited German are among those most at risk of facing life on the street. Now, a new site offers information in multiple languages

so people of all backgrounds can know their rights.

Got the hump

TWO camels escaped from their circus enclosure in Bremen to head for a nearby fast food restaurant. The pair gave the well-known brand's menu a miss, and instead plumped for a healthy vegetarian alternative.

SWEDEN

Lenny crevice

LENNY KRAVITZ, 51, accidentally showed the audience more than they paid for at his Stockholm show last week as early in the concert he bent down low and his leather trousers split.

Passport king

SWEDEN has the world's most powerful passport, according to a new report by consulting company Nomad Capitalist. Out of 199 countries, the Scandinavian country came out on top, followed by Belgium, Italy and Spain.

Swede success

'TODAY Sweden officially noted that we have passed 10 million inhabitants,' former Foreign Minister and former Prime Minister Carl Bildt wrote in a Twitter post.

Family focus

SWEDEN'S immigration service has forced to turn single men away because it no longer has sufficient accommodation to house them and will concentrate on families.

BELGIUM

Sexism storm

A DRIVER who told a female police officer she should do a woman's job is the first person to be convicted of sexism under a new Belgian law.

Fever pitch

BELGIUM and the Netherlands peacefully swap 27 football fields of land as they adjust their national borders to reflect.

On the march

CATALAN independence: 45,000 protesters march in Brussels to support exiled president Carles Puigdemont. Demonstrators also want the EU to support Catalan independence.

Culture clash

BELGIUM has become the first country in the world to appoint a woman as its ambassador to Saudi Arabia, in an apparent show of defiance to the oil-rich autocracy notorious for its abuses of women's rights.

NETHERLANDS

Gramp theft auto

THE Dutch infrastructure minister has rejected claims that police discriminated against elderly motorists by suspending their driving licences. In the last three years 229 drivers over the age of 70 had their licences confiscated.

Trunk fall

THE first baby elephant to be born in Emmen's Wildlands Zoo has arrived right on cue for the Easter holiday weekend. The male calf was born at around 12.30am on Monday and was named Mauk by staff.

Big bang teary

PEOPLE living close to Schiphol airport are taking government inspectors to court for failing to take action against excessive aircraft noise.

Un-till all hours

SPAR will operate the first cash register-free supermarket in the Netherlands when it launches its 'Skippen' system at its branch on Utrecht's hbo college campus.

NORWAY

Private protest

HAIR SALONS, bakeries and transport firms are just some of the private sector businesses targeted in a national strike that will begin on Sunday, if employers' and workers' organisations fail to agree on new contracts.

Foreign policy

ISRAEL'S ambassador to Norway, Raphael Schutz, has stirred up protests from Norwegian political leaders after he described one of his many Norwegian critics as being 'a descendant of Quisling.'

Mountain horror

A NORWEGIAN man in his 40's was killed when he was caught in an avalanche on the steep slopes near Kleppstad at Vågan in Lofoten last Sunday despite warnings that the area was dangerous.

Back of the grid

IN March, six months after the prices of the toll on the ring road in Oslo were significantly increased, traffic has declined by 4.5 per cent compared with the same month last year.

DENMARK

Class divide

DENMARK is unlikely to adopt Sweden's air travel tax as the government considers low-income people can travel less or will have to stay at home.

Moving on

RECENT demographic statistics in Denmark show as many as two-thirds of marriages are likely to end in divorce so plans are designed so that minors are given top priority in the event of a marriage breakdown.

What a nerve

THERESA MAY will be in Copenhagen next Monday to meet with her Danish counterpart Lars Løkke Rasmussen. The meeting is expected to concern the poison attack in the UK, while Brexit will also be on the agenda.

Data sting

THE Danish intelligence agency is storing sensitive data in a secret database and politicians have demanded an explanation from the Justice Ministry over PET revelation.

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SUMMONED: Western diplomats were called to meetings at Russia's Foreign Ministry.

Diplomats expelled as spy spat deepens

SEVERAL Western diplomats have been summoned to Russia's Foreign Ministry following measures taken in the wake of the poisoning of a former spy in Britain. The ministry told the officials, including the British ambassador, how many of their diplomats would be expelled following punitive actions taken against Russia over Sergei and Yulia Skripal's poisoning. Moscow denied any involvement.

Ghouta offensive

THE Russia-backed military operation in Damascus' eastern suburbs is close to being over after Syrian rebels were left holding one town in the Ghouta area, according to a Foreign Ministry spokesperson. The offensive marks the heaviest defeat for the insurgents since they were pushed back from Aleppo in 2016.

Patriot bill rejected

KREMLIN officials have rejected proposals from the ruling United Russia party which aimed to boost patriotism in the country, ac-

cording to reports. The draft 'patriotic upbringing' legislation, which aimed among other things to boost birth rates, was deemed by authorities to overlap with other laws and to be too vague.

Crime boss sent down

ZAKHAR KALASHOV has been handed a nine years and 10 months prison sentence after being found guilty of extortion following a shootout at a Moscow restaurant in 2015. The criminal boss, who is also known as Young Shakro, was arrested in June 2016 after extorting money from the restaurant's owner following the shooting that left two dead.

Missile test

RUSSIA has tested a new anti-ballistic missile defence system from a site in Kazakhstan, according to the country's Defence Ministry. The weapon, which is reportedly designed to protect Moscow from attack, was launched successfully from the Sary-Shagan testing site, the ministry said.

Official resigns

AMAN TULEYEV, the governor of the Kemerovo region, has quit his post following a fire that swept through a shopping centre leaving at least 64 dead. President Vladimir Putin accepted the resignation and thanked Tuleyev for his service, with the former governor saying the heavy burden made it impossible to work.

FIRE: The blaze in the shopping centre left at least 64 dead.



Spanish firm wins UK deal

A SPANISH construction firm has landed a €161 million contract to build a motorway in the UK.

Madrid-based Sacyr beat off the competition to bag a 60 per cent slice of the €250 million scheme for the 26-kilometre A6 motorway between Dungiven and Durmahoe Dualling in Northern Ireland.

The stretch is part of the North Western Transport Corridor connecting Belfast and Londonderry, and the remaining 40 per cent of the project will be carried out by local Willis Bros.

Summer cheer for TV fans

SOME of the UK's biggest television broadcasters have relaxed their online regulations.

Britons in Spain and mainland Europe are now able to access pay-TV subscriptions, including Premier League football, without breaking the rules due to a new European Union digital single market decree.

Firms including Sky, ITV, Netflix and Amazon have been forced to open up their online TV services Now TV, ITV Hub+ and Prime Instant Video to users on the continent since Monday.

By Matt Ford

Prior to the move subscribers were unable to legally access their accounts and were forced to miss their favourite shows or rely on illegal streams.

"The new portability rules for online content is great news for TV lovers everywhere," said Gidon Katz, managing director of Sky's Now TV service. "Holidays are all about unwinding and it is clear TV is a big part about how Brits relax, so it's great news that you can swap your sofa for a sunbed and your

cuppa for a cocktail and never have to worry about missing your favourite TV on holiday again."

Free TV service providers are not adopting the new measure, however.

The BBC says that its iPlayer registration system is not secure enough to stop non-licence fee payers accessing content, while ITV and Channel 4 currently rake in around €1.1 billion per year selling shows to European broadcasters, meaning they are unlikely to ever follow the recommendation.

Airlines' €4m payout insult

MORE than 10,000 British travellers are being denied compensation from airlines totalling €4.6 million.

TUI, formerly known as Thompson, owes the most, with 5,000 passengers awaiting claims totalling €2.7 million, with budget carrier easyJet failing to reimburse more than 3,000 holiday-makers €1.7 million.

Travellers are entitled to compensation if their flight is more than three hours late, but law firm Bott and Co said that TUI in particular "displays ignorance" by disobeying court rulings.

Quote of the Week

Under plausible assumptions, the de-leveraging process of the public sector towards levels considered safer will be very gradual in Spain... possibly taking up to several decades." Bank of Spain Governor Luis Maria Linde.



MPs set to vote on delayed budget

THE Spanish government has presented its 2018 draft budget, six months late.

It comes after political instability in troubled northern region Cataluña delayed the process.

Finance Minister Cristobal Montoro said he forecasts a 2.7 per cent rise in gross domestic product and that unemployment will fall to 15.5 per cent this year.

State expenditure is to climb by 3 per cent to €327.9 billion, of which €246.28 billion will be set aside for pensions, payments to regional governments and unemployment benefits.

State income from taxes will soar by 6 per cent to more than €210 billion, the wage ceiling for income tax exemption has been boosted by €2,000 to €14,000 per annum, and there will be rebates for those earning less than €18,000 per year.



BETTER LATE THAN NEVER: Spain's finance minister Cristobal Montoro and President of the Congress of Deputies Ana Pastor Julian present the long overdue 2018 draft budget.

ing less than €18,000 per year.

Prime Minister Mariano Rajoy's cabinet has already approved the draft, which now faces a parliamentary vote amid calls for the leader's resignation should it fail to be passed.

» BUSINESS EXTRA

Bubble alert checked out

INDUSTRY experts have warned that Spain faces a 'supermarket bubble' after the total reached 20,100 by the end of 2017, up from 17,148 in 2008 and equivalent to 3.4 for each 1,000 citizens compared to a European average of 2.6.

Pretty penne

SPAIN'S Ebro Foods - one of the world's leading rice producers - has snapped up 70 per cent of Italian filled pasta firm Bertagni, the world's oldest, for a fee in the region of €130 million, according to reports.

Jobs boom

THE number of people registered with social security in Spain has topped 18.5 million for the first time since December 2008, but critics say that more than 80 per cent of employment contracts issued in March were temporary.



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Travel giant forks out

EUROPE'S largest travel and tourism firm TUI has splashed €110 million to buy back part of Spanish hotel room company Hotelbeds Group.

The sale includes the group's Destination Management division, which comprises the global brands Destination Services, Intercruises and Pacific World.

TUI sold Hotelbeds for €1.2 billion in 2016, but CEO Fritz Joussen said that it had proven

impossible to split the company at the time, and that the purchase represents good value for money.

He added that the aim is to sell additional 'in-destination' activities to holidaymakers between them booking and leaving on their trips.

"That's a period where we can virtually exclusively offer these customers such services," the executive said.

LONDON - FTSE 100

CLOSING PRICES APRIL 2				
COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,703.50	42.50	2.56	22,709.83
Associated British Foods	2,500.00	9.00	0.36	19,807.69
Admiral Group	1,847.50	3.50	0.19	5,350.55
Ashtead Group	1,959.50	19.50	1.01	9,559.29
Antofagasta	922.50	1.50	0.16	8,979.18
Aviva	497.00	1.10	0.22	19,977.91
AstraZeneca	4,860.00	-35.50	-0.73	62,613.23
BAE Systems	583.00	1.60	0.28	18,343.26
Barclays	209.00	2.50	1.21	35,156.77
British American Tobacco	4,150.00	19.00	0.46	93,672.48
Barratt Developments	529.00	-1.40	-0.26	5,388.74
Berkeley Group Holdings	3,894.50	105.50	2.78	5,080.62
British Land Co	640.50	-1.50	-0.23	6,333.68
BHP Billiton	1,395.00	-8.60	-0.61	29,083.23
Bunzl	2,095.50	0.00	0.00	6,943.75
BP	474.00	-5.25	-1.10	93,909.29
Burberry Group	1,597.50	-98.50	-5.81	7,100.15
BT Group	224.20	-3.30	-1.45	22,398.70
Coca-Cola HBC	2,450.00	-184.00	-6.99	9,488.16
Carnival	4,625.00	45.00	0.98	9,416.10
Centrica	142.25	0.05	0.04	7,922.60
Compass Group	1,467.50	12.00	0.82	23,515.33
Croda International	4,567.00	0.00	0.00	5,983.18
CRH	2,410.00	0.00	0.00	20,299.19
DCC	6,565.00	0.00	0.00	5,902.03
Diageo	2,410.00	-2.00	-0.08	59,154.57
Direct Line Insurance Group	379.50	-1.80	-0.47	5,192.00
Evrast	427.25	-7.25	-1.67	6,089.09
Experian	1,513.00	-24.50	-1.59	14,181.96
easyJet	1,589.00	-15.50	-0.97	6,220.28
Ferguson	5,420.00	66.00	1.23	13,535.46
Fresnillo	1,276.50	8.00	0.63	9,082.21
G4S	242.25	-5.85	-2.36	3,823.13
GKN	412.50	-50.50	-10.91	7,269.01
Glencore	358.03	4.23	1.20	50,940.97
GlaxoSmithKline	1,380.00	-14.00	-1.00	69,295.20
Hargreaves Lansdown	1,632.75	0.00	0.00	7,750.37
Halma	1,189.50	10.50	0.89	4,403.84
HSBC Holdings	670.00	4.60	0.69	134,014.28
International Consoldtd Air Gr	620.00	5.40	0.88	12,286.20
InterContinental Hotels Grp	4,285.00	17.00	0.40	8,282.70
3i Group	873.20	14.20	1.65	8,450.54
Imperial Brands	2,616.50	190.50	7.85	22,956.45
Informa	719.10	0.00	0.00	5,906.47
Intertek Group	4,876.00	216.00	4.64	7,557.92
ITV	145.50	1.35	0.94	5,836.84
Just Eat	754.20	55.80	7.99	4,711.35
Johnson Matthey	3,065.00	23.00	0.76	5,984.05
Kingfisher	293.50	1.00	0.34	6,271.94
Land Securities Group	935.50	-1.60	-0.17	6,932.65

CLOSING PRICES APRIL 2				
COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Legal & General Group	257.00	-0.80	-0.31	15,337.58
Lloyds Banking Group ORD	65.05	0.39	0.60	46,755.36
London Stock Exchange Grp	4,127.00	0.00	0.00	14,316.76
Micro Focus International	989.50	2.70	0.27	4,277.55
Mediclinic International	700.50	99.50	16.56	4,215.56
Marks & Spencer Group	270.00	-0.20	-0.07	4,341.33
Mondi	1,885.50	-29.50	-1.54	7,051.02
Morrison (Wm) Supermarkets	213.45	0.00	0.00	4,911.92
National Grid	817.05	14.85	1.85	27,016.11
NMC Health	3,276.00	-124.00	-3.65	7,070.56
Next	4,840.00	81.00	1.70	6,923.15
Old Mutual Group	215.00	-24.30	-10.15	11,695.61
Paddy Power Betfair	7,302.50	0.00	0.00	6,163.58
Prudential	1,862.50	84.00	4.72	47,580.15
Persimmon	2,739.50	209.50	8.28	7,900.95
Pearson	750.70	1.70	0.23	5,865.81
Reckitt Benckiser Group	5,962.50	-71.50	-1.18	42,231.17
Royal Bank of Scotland Group	254.00	-4.80	-1.85	30,752.59
Royal Dutch Shell	2,245.00	11.50	0.51	102,585.09
Royal Dutch Shell	2,310.00	33.00	1.45	85,584.37
RELX	1,460.00	-5.00	-0.34	15,501.07
Rio Tinto	3,586.50	-24.50	-0.68	47,185.31
Royal Mail	506.70	-34.10	-6.31	5,358.00
Rolls-Royce Group	876.50	4.90	0.56	16,232.71
Randgold Resources	5,875.00	-7.00	-0.12	5,496.52
RSA Insurance Group	630.50	0.50	0.08	6,466.49
Rentokil Initial	250.50	-21.20	-7.80	4,999.12
Sainsbury (J)	236.75	-2.05	-0.86	5,136.34
Schroders	3,163.50	-28.50	-0.89	7,203.33
Sage Group (The)	647.50	8.30	1.30	6,974.88
Segro	601.30	0.00	0.00	5,987.47
Shire	3,535.00	-35.50	-0.99	31,875.58
Smurfit Kappa Group	3,019.00	137.00	4.75	6,944.57
Sky	1,331.25	33.75	2.60	22,630.86
Standard Life Aberdeen	398.25	38.55	10.72	10,796.41
Smith (DS)	478.55	7.95	1.69	5,002.41
Smiths Group	1,591.25	77.75	5.14	5,983.77
Scottish Mortgage Invstmnt Trst	448.00	5.80	1.31	6,131.23
Smith & Nephew	1,280.50	-50.50	-3.79	11,804.45
SSE	1,292.00	16.00	1.25	13,134.85
Standard Chartered	710.50	-2.20	-0.31	23,576.31
St James's Place	1,068.25	-18.25	-1.68	5,766.98
Severn Trent	1,950.00	106.00	5.75	4,366.32
Tesco	205.50	-0.40	-0.19	20,059.10
TUI AG	1,633.50	105.50	6.90	8,998.77
Taylor Wimpey	183.45	-1.15	-0.62	6,075.86
Unilever	3,899.50	-56.00	-1.42	48,229.84
United Utilities Group	691.00	-24.40	-3.41	4,936.87
Vodafone Group	195.50	1.28	0.66	51,718.66
WPP Group	1,135.00	2.50	0.22	14,412.64
Whitbread	3,721.00	21.00	0.57	6,809.44

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COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	212,620	-3,14%	-6,900	126.571,69
AMERICAN EXPRESS	91,0000	-2,44%	-2,2800	78.333,29
APPLE	166,680	-0,66%	-1,100	845.736,49
BOEING CO	322,440	-1,66%	-5,440	189.227,19
CATERPILLAR	143,890	-2,37%	-3,490	86.076,04
CHEVRON	112,24	-1,58%	-1,80	214.597,85
CISCO SYSTEMS	41,010	-4,38%	-1,880	202.737,94
COCA-COLA	42,67	-1,75%	-0,76	181.987,52
DOWDUPONT	62,04	-2,62%	-1,67	144.464,46
EXXON MOBIL	73,22	-1,86%	-1,39	310.436,48
GENERAL ELECTRIC	13,1200	-2,67%	-0,3600	113.928,55
GOLDMAN SACHS	247,35	-1,79%	-4,51	93.825,04
HOME DEPOT	172,9000	-3,00%	-5,3400	200.045,61
IBM	150,07	-2,19%	-3,36	138.248,88
INTEL CORP	48,9200	-6,07%	-3,1600	228.945,60
J.P.MORGAN CHASE	107,8500	-1,93%	-2,1200	370.308,32
JOHNSON & JOHNSON	124,5600	-2,80%	-3,5900	334.256,63
MC DONALD'S CORP	157,7200	+0,86%	1,3400	125.316,15
MERCK AND CO. NEW	53,27	-2,20%	-1,20	143.518,22
MICROSOFT	88,520	-3,01%	-2,750	682.895,51
NIKE	64,12	-3,49%	-2,32	83.258,67
PFIZER	35,0500	-1,24%	-0,4400	208.676,39
PROCTER AND GAMBLE	77,400	-2,37%	-1,880	195.050,06
TRAVELERS CIES	134,84	-2,90%	-4,02	36.640,06
UNITED TECHNOLOGIE	123,48	-1,86%	-2,34	98.866,65
UNITEDHEALTH GROUP	217,20	+1,50%	3,20	210.447,33
VERIZON COMMS	47,16	-1,38%	-0,66	194.853,40
VISA	118,39	-1,03%	-1,23	213.340,62
WAL-MART STORES	85,5500	-3,84%	-3,4200	253.342,86
WALT DISNEY CO	98,6600	-1,77%	-1,7800	148.157,14

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES APRIL 2		
COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Credit Suisse AG	\$ 11.20	1.78 ▲ 18.90%
MediciNova, Inc.	\$ 12.15	1.93 ▲ 18.88%
Allena Pharmaceuticals, Inc.	\$ 13.07	2.05 ▲ 18.60%
Forward Pharma A/S	\$ 2.44	0.27 ▲ 12.44%
ProShares UltraPro Short NASDAQ Biotechnology	\$ 11.75	1.29 ▲ 12.33%
TRACON Pharmaceuticals, Inc.	\$ 2.55	0.25 ▲ 10.87%
Commvault Systems, Inc.	\$ 63.40	6.20 ▲ 10.84%
Mannatech, Incorporated	\$ 17.40	1.70 ▲ 10.83%
ArQule, Inc.	\$ 3.18	0.30 ▲ 10.42%
Clementia Pharmaceuticals Inc.	\$ 16.72	1.57 ▲ 10.36%
Credit Suisse AG	\$ 21.90	1.90 ▲ 9.50%
Most Declined		
SORL Auto Parts, Inc.	\$ 4.99	1.52 ▼ 23.35%
Alkermes plc	\$ 45.23	12.73 ▼ 21.96%
Alnylam Pharmaceuticals, Inc.	\$ 101.18	17.92 ▼ 15.05%
Rhythm Pharmaceuticals, Inc.	\$ 17.02	2.88 ▼ 14.47%
Concert Pharmaceuticals, Inc.	\$ 19.66	3.24 ▼ 14.15%
KemPharm, Inc.	\$ 6.80	1.10 ▼ 13.92%
Ovid Therapeutics Inc.	\$ 6.16	0.91 ▼ 12.87%
Pacira Pharmaceuticals, Inc.	\$ 27.50	3.65 ▼ 11.72%
Proshares UltraPro Nasdaq Biotechnology	\$ 28.11	3.72 ▼ 11.69%
Arena Pharmaceuticals, Inc.	\$ 35.30	4.20 ▼ 10.63%
resTORbio, Inc.	\$ 8.57	1.01 ▼ 10.54%

Distributing Funds

Sterling Fixed Income B

DEALING PRICE

£0.9148

PRICE MOVEMENT

£0.0039

Accumulating Funds

Multi Asset Conservative B GBP

Multi Asset Conservative B EUR

Multi Asset Balanced B GBP

Multi Asset Balanced B EUR

Multi Asset Growth B GBP

Multi Asset Growth B EUR

DEALING PRICE

£1.1370

£1.0501

£1.2870

£1.1780

£1.4196

£1.3060

PRICE MOVEMENT

-£0.0060

-£0.0064

-£0.0211

-£0.0204

-£0.0387

-£0.0368

Remaining Elite Fund prices available on request

Prices correct as at 28/03/2018

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Monetary policies driving the majors

Ask the expert

Peter Loveday



Currencies Direct

Contact me at euroweekly@currenciesdirect.com

EURO

EUR/GBP: Down from £0.89 to £0.87

EUR/USD: Up from \$1.21 to \$1.24

The outlook of the European Central Bank (ECB) has been a major source of movement for the euro in recent weeks amid discussions over when the bank would seek to begin raising interest rates.

While the ECB's March policy meeting saw the bank remove the easing bias from its policy statement, the news that the ECB would be winding up its stimulus programme was undermined by a dovish outlook from President Mario Draghi.

The euro also found its advance limited in March as more modest Eurozone economic data was seen as further evidence that growth in the bloc may have begun to level out in 2018.

Looking ahead, the ECB's path towards tightening monetary policy is likely to remain in the spotlight for EUR investors over the coming



THE POUND: On the way up at the moment.

month, with the euro possibly spiking if the bank strikes a more bullish tone in April's policy meeting.

Pound

GBP/EUR: Up from €1.12 to €1.14

GBP/USD: Up from \$1.37 to \$1.41

Speculation of an upcoming rate hike from the Bank of England (BoE) was the main contributing factor to the pound's advance in March, which saw GBP climb to its highest levels of 2018.

Some impressive UK wage growth figures saw most investors lock in a May rate hike from the BoE, limiting the impact of hawkish comments from policymakers in the wake of the BoE's March policy meeting.

Sentiment was also lifted by some positive progress in Brexit negotiations as the UK and EU were able to come to an agreement over a transition period.

Brexit developments are likely to continue dictating the direction of the pound over the next month, with market sentiment likely to dip again unless some positive progress is made towards a post-Brexit trade deal with the EU.

US Dollar

USD/GBP: Down from £0.72 to £0.70

USD/EUR: Down from €0.81 to €0.80

The Federal Reserve voted to raise interest rates again in March, with anticipation of the hike lending some underlying strength to the US dollar throughout the month, although a more cautious outlook from the Fed saw USD tumble in the immediate wake of the decision.

The US dollar has also faced considerable pressure in recent weeks as Donald Trump shocked markets by announcing blanket tariffs on steel, triggering concerns about the possibility of a US-led trade war.

The potential for further US political or trade uncertainty is likely to keep USD on its toes over the coming weeks, with any further shake up in the White House likely to reflect negatively on the US dollar.

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'HOLY GRAIL OF SHIPWRECKS' ROW GOES ON €14bn treasure hunters

THE Colombian government has sparked outrage after pledging to spend millions in public funds to raise a treasure-filled Spanish warship from the depths.

The galleon San Jose was found by an American search team in 1981 after lying at the bottom of the sea for more than 300 years.

The 60-gun Spanish navy vessel was transporting a six-year haul of gold, silver, and precious jewels back to Spain from the Americas in 1708, when it was attacked by the British Royal Navy.

But the ship was blown up after a battle broke out, with almost 600 Spanish sailors drowning as it sank in the Caribbean Sea near the Colombian port of Cartagena.

According to estimates, the booty on board is now worth €8-14 billion, and president Juan Manuel Santos last week revealed plans for a €57.5 million splurge

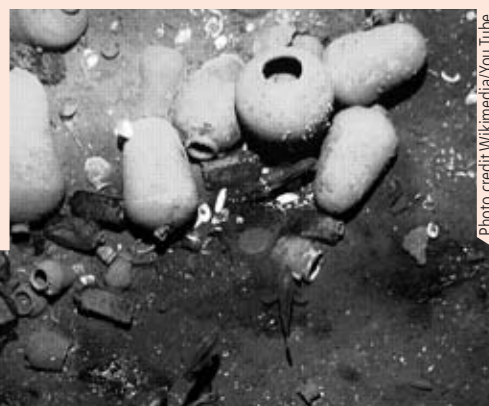


Photo credit Wikimedia/You Tube

GOLD RUSH: The wreck could be the world's richest and (inset) a painting by UK artist Samuel Scott shows the San Jose being destroyed by the British navy.

to recover the precious cargo.

He said that some of the cash will be spent on building a laboratory and museum for preserving archaeological and cultural remains.

However there is an ongoing dispute between Spain, US-based salvage company Sea Search Armada (SSA), which found the wreck, and Colombia over who should claim the haul.

Madrid has always claimed that

the boat flew the state flag, was crewed by Spaniards and that the site is a Spanish war grave, a tactic it has successfully used to reclaim sunken warships in the past.

The SSA agreed to share details of the galleon's location with Colombia in 1984 on the understanding it would receive a 35 per cent cut of the treasure.

But the Colombian parliament failed to honour the deal, passing a law entitling SSA to a 5 per cent 'finder's fee' taxed at 45 per cent.

SSA sued, sparking an 18-year legal battle which ended in 2007, when the Colombian Supreme Court ruled that SSA should receive 50 per cent of the hoard.

In 2015, President Santos claimed that a Colombian team had located the wreck in a different location to that reported by SSA and reasserted ownership of the ship.

He appears set to push on with plans to raise the San Jose as the decades-long quarrel rumbles on.

Built on deep foundations

A SPANISH banking foundation has been named the third-largest organisation of its kind in the world.

The Foundation of the Valencia-based La Caixa group is worth €24 billion, according to the Coordinadas Institute of Governance and Applied Economics.

The organisation - which manages social welfare body Obra Social - is beaten only by the Bill and Melinda Gates Foundation, which has assets valued at €32.8 billion, and the UK-based Wellcome Trust, worth an estimated €26.3 billion.

La Caixa also ranks third globally in terms of annual investment, having spent more than €500 million on philanthropic projects for the 10th consecutive year in 2017.

The Gates Foundation last year laid out €3.4 billion and Wellcome Trust €1.4 billion.



High street battle goes on

SUPERMARKET TAKES AIM AT ONLINE GIANTS

FRENCH supermarket giant Carrefour is to massively expand the number of products available to Spanish internet shoppers.

The retailer's offshoot Carrefour Spain wants to increase its range of goods by launching a digital marketplace open to third party suppliers.

And the move will see the firm's catalogue skyrocket from its current 100,000 items to more than two million.

It comes after the chain successfully opened online marketplaces in France and Poland, with a Belgian version in the pipeline.

Rafael Sanchez-Sendarrubias, director of ecommerce for Carrefour Spain, said: "We consider that it is a disruptive and quite interesting idea for our customers."

"The biggest advantage of a marketplace is the speed: to be able to have a wide offer in a very short time."

"A marketplace is a magical place that can bring together the interests of customers and sellers."

One intriguing aspect of the marketplace platform is the 'click and collect' service, allowing customers to pick up their goods from a local hypermarket or smaller outlet.

High tech digital terminals will also be installed in the firm's shops so customers can make online purchases if they are unable to find what they need in store.

As internet market leader Amazon proved after installing collection lockers in American supermarkets, introductions like these can increase footfall.

Carrefour's online offering is already established in Spain, attracting 87 million visits, 35 million unique users and around 320 million page views per year, according to figures from the National



Photo credit Carrefour

ONE STOP SHOP: Carrefour hopes the new platform will send sales soaring.

Institute of Statistics.

Carrefour says that third party suppliers will be able to list their products on the marketplace free of charge and with no fixed time limit, and will also consider selling popular products in its stores.

Business-owners can simply upload their products to the platform and wait for the orders to come in via email from the marketplace team.

They must then pack and send out the orders, before being paid by Carrefour, which will snap up an unconfirmed cut of each sale.

The move marks an increasing trend by brick and mortar retailers to increase their range by hosting third party suppliers online as they struggle to compete with Amazon and eBay.

Power supplier scoops €770m mega contract

SPANISH multinational electricity firm Iberdrola has bagged a €770 million contract to link the United States and Canada.

The Bilbao-based company beat off competition from 45 rivals to win the 20-year agreement.

It will see a new 230-kilometre high voltage line built, which when complete will send electricity generated from 'clean' wind and water sources from Canada to Maine, New England.

The scheme is expected to generate 3,700 jobs and become operational in 2020 according to Iberdrola president Ignacio Sanchez Galan.

He added: "The awarding of this contract reaffirms our commitment to clean energy and long-term infrastructure projects... while also increasing our presence in the US, a key market for future investment."

The project is expected to supply 1.5m customers while reducing carbon dioxide emissions by the equivalent of 296,000 cars.



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The cheats can cry all they like

LEAPY LEE SAYS IT

OTHERS THINK IT



OH dear. Poor little dinkums.

Didn't the sight of all those weeping willow wielders fair bring a tear to your eyes? Well it didn't mine. These so called Australian 'sportsmen' were not sports at all. They were cheats. They weren't crying because they were repentant, they were crying because they got caught.

Had their underhanded, unsporting actions gone undetected, they would have been splashed across the media all butch bronzed and beaming - with eager sponsors queuing up to pour even more money into their already over-stuffed coffers. And there's the rub. These days sport is all about money. Gone are the glorious days of true sportsmen and women who competed against each other out of pure pride and sporting rivalry.

During the amateur days of yore, apart from a couple of countries who used events as propaganda exercises, I can't recall any accusations of cheating by the competitors or officials. Nowadays they are all at it. Doping, drugging, betting and game throwing are now regular features on the back pages of the nationals. Hardly any corner of the sporting world has not been infected by this



'CRYING BECAUSE THEY GOT CAUGHT': Australian cricketers Cameron Bancroft (left) and Steve Smith face the media in the wake of the ball-tampering scandal.

greedy virus that leads to the 'win at any cost' attitude that prevails among the athletes of today.

And you know what really sticks in my craw. Sooner or later they all seem to wheedle their way back in. Even those who commit, what are to my mind unforgivable offences, are, after the authorities have considered their wrists have been

slapped hard enough, allowed back in to carry on as though nothing has happened!

Well, if I had my way, this unsporting bunch of arrogant manipulators would never be allowed to partake in any sporting event again. I also think they should be heavily fined and stripped of all past medals and winner's awards. After all, who

knows how long they have been at it? We must bear in mind, that they have also been cheating the public. When sports fans indulge in these events we like to think that everyone involved is competing against each other in an equally fair and legal manner, otherwise what's the point?

No, they can cry all they like. If it comes on top, they should all get the chop. Don't lie and cheat if you can't take the heat! That's my opinion anyway. After all it's just not cricket is it clobber?

Another pair of wailers this week were the despicable duo who were dubbed 'the Beatles' (I bet that pleased Paul and Ringo!), by their equally despicable Daesh leaders after they were quite rightly relieved of their UK citizenship.

'We don't belong anywhere' they simpered. 'We won't get a fair trial.'

'Who's going to campaign for us.' What?! 'Our Mums won't know where we are,' they drivelled on. You really couldn't make it up. Perhaps they should have thought of these things when they were sawing off the heads of journalists or torturing and crucifying innocent aid workers. I wonder what sort of a fair trial those poor victims got? Not a lot I'll be bound.

columnists@euroweeklynews.com

Keep the faith.

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3:30am	Commonwealth Games 2018	4:20am	BBC News	4:55am	This is BBC Four	6:20am	Streetmate	9:35am	Digby Dragon	7:00am	Hollyoaks	6:00am	Sky Sports News
7:00am	Breakfast	7:00am	Commonwealth Games 2018	8:00pm	Beyond 100 Days	6:45am	Kirstie's Fill Your House for Free	9:55am	Rusty Rivets	8:00am	Rules of Engagement	7:00am	Good Morning Sports Fans
10:15am	Commonwealth Games 2018	10:15am	Oxford Street Revealed	8:30pm	Top of the Pops	7:00am	Countdown	10:05am	Mofy	:00am	How I Met Your Mother		Bitesize
2:00pm	BBC News at One	11:00am	Homes Under the Hammer	9:00pm	Commonwealth Games Extra	7:45am	3rd Rock from the Sun	10:15am	The Wright Stuff	10:00am	New Girl	7:30am	Good Morning Sports Fans
2:30pm	BBC London News	12:00pm	Street Auction	10:00pm	Putin, Russia and the West	8:35am	Everybody Loves Raymond	12:15pm	Can't Pay? We'll Take it Away!	11:00am	2 Broke Girls		Bitesize
2:45pm	Moving On	12:45pm	Claimed and Shamed	11:00pm	Inside Porton Down: Britain's Secret Weapons Research Facility	9:30am	Frasier	1:10pm	5 News Lunchtime	11:30am	2 Broke Girls	8:00am	Good Morning Sports Fans
3:30pm	Escape to the Continent	1:15pm	Bargain Hunt	12:00am	Timewatch	11:05am	Ramsay's Hotel Hell	1:15pm	GP's: Behind Closed Doors	12:00pm	Brooklyn Nine-Nine	9:00am	Good Morning Sports Fans
4:30pm	Money for Nothing	2:00pm	Commonwealth Games 2018	1:00am	Al Murray's Great British Spy Movies	12:00pm	The Simpsons	2:15pm	Home and Away	1:00pm	The Goldbergs	9:30am	Good Morning Sports Fans
5:15pm	Flog It!	6:15pm	Put Your Money Where Your Mouth Is	2:00am	Top of the Pops <i>Peter Powell and Dixie Peach present the pop chart programme, first broadcast on 15 August 1985.</i>	1:00pm	Channel 4 News	2:45pm	Neighbours	2:00pm	The Big Bang Theory	9:30am	Good Morning Sports Fans
6:15pm	Pointless	7:00pm	Eggheads	2:30am	Putin, Russia and the West	1:05pm	Come Dine with Me	3:20pm	NCIS	3:00pm	How I Met Your Mother	9:30am	Good Morning Sports Fans
7:00pm	BBC News at Six	7:30pm	Today at the Games	3:30am	The Story of the Jews	2:05pm	Posh Pawnbrokers	4:20pm	Concrete Evidence: A Fixer Upper Mystery	4:00pm	New Girl	9:30am	Good Morning Sports Fans
7:30pm	BBC London News	9:00pm	Big Cats	4:30am	This is BBC Four	3:10pm	Countdown	6:00pm	5 News at 5	5:00pm	Brooklyn Nine-Nine	10:00am	Good Morning Sports Fans
8:00pm	The One Show	10:00pm	Civilisations			4:00pm	A Place in the Sun: Winter Sun	6:30pm	Neighbours	6:00pm	The Goldbergs	10:00am	Live NRL
8:30pm	EastEnders	11:00pm	Match of the Day			5:00pm	A New Life in the Sun	7:00pm	Home and Away	7:00pm	The Big Bang Theory	2:00pm	Sky Sports News
9:00pm	MasterChef	11:30pm	Newsnight			6:00pm	Four in a Bed	7:30pm	5 News Tonight	8:00pm	Hollyoaks	6:00pm	Sky Sports News at 5
10:00pm	Not Going Out	12:15am	Top Gear			6:30pm	Star Boot Sale	8:00pm	The Yorkshire Vet	8:30pm	Extreme Cake Makers	7:00pm	Sky Sports News at 6
10:30pm	Still Game	1:20am	MasterChef			7:00pm	The Simpsons	9:00pm	Bad Tenants, Rogue Landlords	9:00pm	The Big Bang Theory	8:00pm	Masters - Live
11:00pm	BBC News at Ten	1:50am	Amazing Hotels: Life Beyond the Lobby			7:30pm	Hollyoaks	10:00pm	Can't Pay? We'll Take it Away!	10:00pm	Brooklyn Nine-Nine	1:30am	Jordan Spieth: From Minor to Major
11:30pm	BBC London News	2:50am	Back in Time for Tea			8:00pm	Channel 4 News	11:00pm	Undercover: Nailing the Fraudsters	10:30pm	Derry Girls	2:00am	Sky Sports News
11:45pm	Unsolved					9:00pm	Location, Location, Location	12:05am	3 Days to Kill	11:00pm	The Inbetweeners	3:00am	Sky Sports News
12:45am	Close Calls: On Camera					10:00pm	Indian Summer School			11:35pm	The Windsors	4:20am	Live Rugby 7s: Hong Kong
1:15am	Commonwealth Games 2018					11:00pm	24 Hours in Police Custody			12:05am	The Big Bang Theory		
						12:05am	First Dates			12:35am	The Big Bang Theory		
										1:05am	First Dates		
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky sports football</div>	
4:50am	ITV Nightscreen	7:20am	Totally Bonkers Guinness World Records	7:00am	Coronation Street <i>Percy publicly rows with Phyllis when Phyllis insinuates Emily is after his body.</i>	7:00am	The Chase	7:05am	Air Force One	7:00am	Run the Tide	12:45pm	SPFL Greatest Games
6:05am	The Jeremy Kyle Show	7:45am	Totally Bonkers Guinness World Records	7:25am	Coronation Street <i>Wayne follows Jason around as he does his round and fights him. Don takes Ivy to buy her a ring.</i>	7:50am	Pawn Stars <i>Reality series chronicling the daily activities at the Gold and Silver Pawn Shop.</i>	9:20am	2012	8:50am	Cars 3	1:00pm	Football League Cup Final
7:00am	Good Morning Britain	8:10am	Who's Doing the Dishes?			8:10am	Pawn Stars	12:05pm	Twister	10:45am	Spider-Man: Homecoming	2:00pm	La Liga Icons
9:30am	Lorraine	8:55am	Emmerdale	7:55am	Heartbeat	8:30am	Ironsides	2:05pm	John Wick: Chapter Two	1:10pm	Double Date	3:00pm	Football League Cup Final
10:25am	The Jeremy Kyle Show	9:20am	Coronation Street	8:55am	The Royal	9:30am	Quincy, M.E.	4:20pm	Salt	3:00pm	Run the Tide	4:00pm	Football's Greatest Teams
11:30am	This Morning	10:25am	The Ellen DeGeneres Show	10:00am	Judge Judy	10:35am	Minder	6:15pm	2012	4:50pm	Cars 3	4:30pm	Football's Greatest Teams
1:30pm	Loose Women	11:20am	Nanny McPhee	10:25am	Judge Judy	11:35am	The Saint	9:00pm	Twister	6:40pm	6 Below: Miracle on the Mountain	5:00pm	Scottish Cup Greatest Games
2:30pm	ITV Lunchtime News	12:20pm	FYI Daily	10:50am	Judge Judy	12:40pm	The Avengers	11:00pm	John Wick: Chapter Two	8:30pm	Special <i>Take a special look at the latest Sky Movies Original Film, a full-throttle disaster-heist thriller from The Fast and the Furious and XXX director Rob Cohen</i>	5:30pm	La Liga Greatest Games
2:55pm	ITV News London	12:25pm	Nanny McPhee	11:20am	Inspector Morse	1:50pm	Ironsides	1:15am	Salt			6:00pm	EFL Midweek Goals: Championship
3:00pm	Judge Rinder	1:15pm	Emmerdale	1:35pm	The Royal	2:50pm	Quincy, M.E.	3:00am	Air Force One	9:00pm	Spider-Man: Homecoming	6:30pm	EFL Midweek Goals: Leagues 1 & 2
4:00pm	Dickinson's Real Deal	1:45pm	Coronation Street	2:35pm	Heartbeat	3:55pm	Minder			11:20pm	Double Date <i>It all seems too good to be true when shy virgin Jim and best mate Alex hit it off with a pair of beautiful sisters.</i>	7:00pm	EFL Rivalries
5:00pm	Tipping Point	2:45pm	The Ellen DeGeneres Show	4:15pm	Coronation Street	4:55pm	The Saint					8:00pm	EFL Matters
6:00pm	The Chase	3:35pm	The Jeremy Kyle Show	4:45pm	Judge Judy	6:00pm	The Avengers					8:30pm	EFL Midweek Goals: Championship
7:00pm	ITV News London	5:55pm	Judge Rinder	5:15pm	Carry on Camping	7:05pm	Storage Wars					9:00pm	EFL Midweek Goals: Leagues 1 & 2
7:30pm	ITV Evening News	7:00pm	Take Me Out	7:00pm	Heartbeat	7:30pm	Storage Wars					9:30pm	EFL Greatest Games
8:00pm	Emmerdale	8:00pm	You've Been Framed!	8:00pm	Murder, She Wrote	8:00pm	Pawn Stars					10:00pm	La Liga Files
8:30pm	Pets	9:00pm	Two and a Half Men	9:00pm	Vera	8:30pm	Pawn Stars					10:45pm	La Liga Icons
9:00pm	Emmerdale	10:00pm	Family Guy	11:00pm	The Suspicions of Mr Whicher	9:00pm	The Big Fish Off					11:00pm	La Liga Show
9:30pm	The Cruise: Sailing the Caribbean	10:30pm	Family Guy	1:05am	DCI Banks	10:00pm	Live and Let Die					11:30pm	EFL Matters
10:00pm	The Investigator: A British Crime Story	11:00pm	Celebrity Juice	2:10am	DCI Banks	11:05pm	FYI Daily					12:00am	EFL Midweek Goals: Championship
11:00pm	ITV News at Ten and Weather	11:50pm	Family Guy	3:00am	ITV3 Nightscreen	11:10pm	Live and Let Die					12:30am	EFL Midweek Goals: Leagues 1 & 2
11:30pm	ITV News London	12:20am	Family Guy	3:30am	Teleshopping	12:30am	Six Bullets						
11:45pm	UEFA Europa League Highlights	12:50am	American Dad!			1:30am	FYI Daily						
12:45am	Play to the Whistle	1:15am	American Dad!			1:35am	Six Bullets						
1:35am	Pets					2:45am	Minder						
						3:45am	ITV4 Nightscreen						
						4:00am	Teleshopping						
										</			

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BBC one

7:00am	Breakfast
10:15am	Commonwealth Games 2018
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Moving On
3:30pm	Escape to the Continent
4:30pm	Money for Nothing
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Sounds Like Friday Night
9:00pm	EastEnders
9:30pm	Room 101
10:00pm	MasterChef
10:30pm	Have I Got News for You
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Today at the Games
12:55am	Commonwealth Games 2018
5:00am	Commonwealth Games 2018

BBC TWO

7:00am	Commonwealth Games 2018
10:15am	Oxford Street Revealed
11:00am	Homes Under the Hammer
12:00pm	Street Auction
12:45pm	Claimed and Shamed
1:15pm	Bargain Hunt
2:00pm	Commonwealth Games 2018
6:15pm	Put Your Money Where Your Mouth Is
6:45pm	Golf
7:45pm	Football: Women's World Cup Qualification - England v Wales
10:00pm	The City and the City
11:00pm	Episodes
11:30pm	Newsnight
12:05am	Front Row
12:35am	The Assassination of Gianni Versace - American Crime Story
1:25am	Rehab: Addicted Lives
2:45am	Civilisations

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective</i>
8:30pm	BBC Young Musician 2018
10:00pm	Forever Young: How Rock 'N' Roll Grew Up
11:00pm	Billy Fury: The Sound of Fury <i>Documentary which recounts the story of Billy Fury and the birth of British popular music.</i>
12:30am	It's Only Rock 'N' Roll: Rock 'N' Roll at the BBC
1:30am	Guitar Heroes on Later... with Jools Holland
2:30am	Forever Young: How Rock 'N' Roll Grew Up
3:30am	Billy Fury: The Sound of Fury
4:55am	This is BBC Four

CHANNEL 4

8:10am	3rd Rock from the Sun
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Ramsay's Hotel Hell
11:00am	The Simpsons
12:20pm	The Simpsons
12:50pm	Channel 4 News
12:55pm	Formula 1
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	A New Life in the Sun
6:00pm	Four in a Bed
6:30pm	Star Boot Sale
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	I Don't Like Mondays
10:00pm	Gogglebox
11:00pm	Lee and Dean
11:35pm	8 Out of 10 Cats
12:20am	Rob Beckett's Playing for Time

CHANNEL 5

9:05am	Paw Patrol
9:20am	Floogals
9:35am	Digby Dragon
9:55am	Rusty Rivets
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Father's Guilty Secret
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	The Gadget Show
9:00pm	Britain's Great Cathedrals, with Tony Robinson
10:00pm	Jane McDonald and Friends
11:00pm	Will and Grace
11:35pm	Greatest Celebrity Wind-Ups Ever!
12:35am	Lip Sync Battle UK
1:00am	Super Casino

4

9:30am	How I Met Your Mother
10:00am	New Girl
10:30am	New Girl
11:00am	2 Broke Girls
11:30am	2 Broke Girls
12:00pm	Brooklyn Nine-Nine
12:30pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	How I Met Your Mother
3:30pm	How I Met Your Mother
4:00pm	New Girl
4:30pm	New Girl
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The Watch
12:00am	The Big Bang Theory

sky sports main event

7:00am	Live Rugby 7s: Hong Kong
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Sky Sports Daily
12:30pm	Paddock Uncut
12:45pm	Live Bahrain F1 GP: Practice
2:45pm	Paddock Uncut
3:00pm	Football Centre
4:00pm	Football Centre
4:30pm	Paddock Uncut
4:45pm	Live Bahrain F1 GP: Practice
6:45pm	Paddock Uncut
7:00pm	Sky Sports News at 6
8:00pm	Masters - Live
1:30am	Last 9 on Sunday
2:30am	Super League Highlights
2:45am	Rugby Archive
2:50am	Live Rugby 7s: Hong Kong

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Love Your Garden
9:30pm	Coronation Street
10:00pm	Lethal Weapon
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	Hellboy II: The Golden Army
1:50am	Jackpot247
4:00am	Take on the Twisters
4:50am	ITV Nightscreen

itv2

8:05am	Who's Doing the Dishes?
8:55am	Emmerdale
9:20am	Emmerdale
9:50am	Totally Bonkers
10:05am	Guinness World Records
10:55am	The Ellen DeGeneres Show
10:55am	Around the World in 80 Days
11:55am	FYI Daily
12:00pm	Around the World in 80 Days
1:15pm	Emmerdale
2:15pm	You've Been Framed!
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	American Pie
12:00am	Family Guy
12:30am	Family Guy
12:55am	American Dad!

itv3

3:30am	Teleshopping
7:00am	Coronation Street
7:25am	Coronation Street
7:50am	Heartbeat
8:55am	The Royal
10:00am	Judge Judy
10:25am	Judge Judy
10:50am	Judge Judy
11:20am	Inspector Morse
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:45pm	Judge Judy
5:10pm	Carry on Henry
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Marple
11:00pm	The Syndicate
12:05am	Killer Women with Piers Morgan
1:10am	Rising Damp Forever
2:15am	Rising Damp Forever
3:05am	Rising Damp
4:45am	Million Dollar Princesses
5:35am	Murder, She Wrote

itv4

4:00am	Teleshopping
7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:30am	Ironsides
9:30am	Quincy, M.E.
10:35am	Minder
11:35am	The Saint
12:40pm	The Avengers
1:50pm	Ironsides
2:50pm	Quincy, M.E.
3:55pm	Minder
4:55pm	The Saint
6:00pm	The Avengers
7:05pm	Storage Wars
7:30pm	Storage Wars Texas
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	The Motorbike Show
10:00pm	Car Crash Britain
11:00pm	Caught on Camera
11:00pm	First Blood
12:00am	FYI Daily
12:05am	First Blood
1:05am	The Americans
2:05am	Minder
3:05am	Fifth Gear
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:00am	Eliminators
8:40am	Behind Enemy Lines
10:30am	Armageddon
1:05pm	Ghost in the Shell
3:00pm	Assassin's Creed
5:00pm	300
7:00pm	The A-Team
9:00pm	Ghost in the Shell
1:00am	Assassin's Creed
3:10am	Eliminators
4:50am	Batman Forever

sky CINEMA COMEDY

9:20am	Dragnet
11:15am	Hot Tub Time Machine
1:05pm	Bridget Jones's Baby
3:15pm	Top Ten Show, the 2018
3:35pm	Why Him?
5:35pm	The Naked Gun 33 1/3: The Final Insult
7:10pm	Hot Tub Time Machine
9:00pm	Bridget Jones's Baby
11:10pm	Why Him?
1:05am	Eurotrip

sky CINEMA PREMIERE

4:40am	Chokeslam
6:30am	Ready Player One: Special
7:00am	Unforgettable
8:50am	The Hurricane Heist
10:40am	Cars 3
12:30pm	Special
1:00pm	The Hurricane Heist
2:45pm	Spider-Man: Homecoming
5:05pm	Run the Tide
6:45pm	Cars 3
	<i>Constantly outshined and outraced by a fleet of hi-tech rookies, former champ Lightning McQueen must find a new way to win.</i>
8:30pm	Special
9:00pm	The Hurricane Heist
10:50pm	Spider-Man: Homecoming
1:10am	Double Date
2:50am	6 Below: Miracle on the Mountain
4:45am	Insyriated

sky sports football

11:00am	La Liga Show
11:30am	EFL Matters
12:00pm	EFL Midweek Goals: Championship
12:30pm	EFL Midweek Goals: Leagues 1 & 2
1:00pm	MLS Round Up Show
1:30pm	Live Chinese Super League
3:35pm	La Liga Greatest Games
4:00pm	EFL Midweek Goals: Championship
4:30pm	EFL Midweek Goals: Leagues 1 & 2
5:00pm	Scottish Cup Greatest Games
5:15pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
6:00pm	La Liga Preview
7:00pm	SPFL Matters
7:30pm	EFL Matters
8:00pm	Football
11:15pm	The Debate - Live
12:15am	La Liga Icons
12:30am	La Liga Icons
12:45am	La Liga Icons



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BBC one

7:00am	Breakfast
11:00am	Commonwealth Games 2018
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Golf
	<i>All the action from the latest golfing events.</i>
3:15pm	Commonwealth Games 2018
5:30pm	Final Score
6:15pm	A Question of Sport
6:45pm	Doodlebugs
7:00pm	Ready or Not
7:30pm	BBC News
7:40pm	Regional News
7:45pm	Weather
7:50pm	Pointless
8:40pm	Who Dares Wins
9:20pm	Casualty
10:10pm	Troy: Fall of a City
11:10pm	BBC News
11:25pm	Weather
11:30pm	Match of the Day
12:55am	Commonwealth Games 2018
5:00am	Commonwealth Games 2018

BBC TWO

4:35am	BBC News
7:00am	Commonwealth Games 2018
11:00am	Robot Wars
12:00pm	Homes Under the Hammer
	<i>Property experts visit three properties before they go up for auction.</i>
1:00pm	Commonwealth Games 2018
3:15pm	MasterChef
3:45pm	MasterChef
4:45pm	Escape to the Country
	<i>Series which helps prospective buyers find their dream home in the country.</i>
5:15pm	Money for Nothing
6:00pm	Big Cats About the House
7:00pm	Today at the Games
8:30pm	Golf
1:00am	Having You
2:30am	Civilisations
3:30am	Weather for the Week Ahead
3:35am	BBC News

BBC FOUR

8:00pm	Insect Worlds
8:30pm	Commonwealth Games Extra
10:00pm	Below the Surface
10:45pm	Below the Surface
11:30pm	Top of the Pops
	<i>Mike Read and Steve Wright present the pop chart programme, first broadcast on 23 May 1985.</i>
12:00am	Boy George and Culture Club: Karma to Calamity
1:00am	Young Guns Go For It
	<i>Documentary series examining the music and the musical icons of the 80s</i>
1:30am	The Man Who Brought the Blues to Britain: Big Bill Broonzy
2:30am	John Williams at the BBC
3:30am	Trad Jazz Britannia

CHANNEL 4

7:15am	Mobil 1
	The Grid.
7:45am	Motorsport
8:40am	Everybody Loves Raymond
9:05am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Frasier
11:35am	The Big Bang Theory
12:05pm	The Big Bang Theory
1:00pm	The Simpsons
2:00pm	F1: Grand Prix Practice 3 Live
3:30pm	F1: Grand Prix
3:55pm	F1: Grand Prix Qualifying Live
6:45pm	Car S.O.S
7:40pm	Channel 4 News
8:00pm	Coastal Railways with Julie Walters
9:00pm	Britain's Most Historic Towns
10:00pm	Legend
12:35am	Abraham Lincoln: Vampire Hunter
2:30am	Ramsay's Kitchen Nightmares USA

CHANNEL 5

7:00am	Milkshake!
11:00am	Teenage Mutant Ninja Turtles
11:35am	The Gadget Show
12:30pm	Traffic Cops
1:30pm	Traffic Cops
2:30pm	Aviva Live
	Premiership Rugby: Bath v Leicester
5:15pm	Can't Pay? We'll Take it Away!
6:10pm	Can't Pay? We'll Take it Away!
7:05pm	Can't Pay? We'll Take it Away!
8:00pm	The Secret Life of Owls
9:00pm	Everest: World's Greatest Mountain
9:55pm	5 News
10:00pm	Football on 5
11:00pm	Football on 5
	Goal Rush.
11:30pm	20 Moments That Rocked the 90s
1:00am	Super Casino
4:10am	The Other Guys
5:55am	Great Scientists

4

5:35am	Rules of Engagement
7:00am	Made in Chelsea
7:55am	Don't Tell the Bride
	Ireland
8:55am	The Goldbergs
9:25am	The Goldbergs
9:55am	Dragonball Evolution
11:35am	Ice Age: The Great Egg-Scapade
12:00pm	The Goldbergs
12:30pm	Brooklyn Nine-Nine
1:00pm	Young Sheldon
1:30pm	The Big Bang Theory
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
2:55pm	Eragon
5:00pm	The Great Celebrity Bake Off for Stand Up to Cancer
6:15pm	Extreme Cake Makers
6:45pm	Extreme Cake Makers
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	G.I. Joe: Retaliation
11:10pm	Contraband
1:15am	Gogglebox
2:15am	Naked Attraction

sky sports main event

7:00am	Live Rugby 7s: Hong Kong
8:40am	Rugby Archive
8:50am	Rugby Archive
9:00am	Good Morning Sports Fans
10:00am	Masters Breakfast - Live
12:30pm	Football
1:30pm	Live Premier League
	<i>The Merseyside derby returns as Everton host Liverpool at Goodison Park in the Premier League.</i>
4:15pm	Gillette Soccer Saturday
6:00pm	Football
6:30pm	Football
9:00pm	Masters - Live
1:30am	Football
3:35am	Live Rugby 7s: Hong Kong
	<i>Day three of the HSBC World Rugby Sevens Series stage at the Hong Kong Stadium in Hong Kong.</i>

itv

9:30am	Thunderbirds are Go
10:05am	Adventure Time
10:25am	ITV News
10:30am	Saturday Morning with James Martin
12:25pm	Who's Doing the Dishes?
1:20pm	The Harbour
1:50pm	ITV Lunchtime News
2:00pm	Info not available
2:30pm	Change Your Tune
3:30pm	Britain's Brightest Family
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV Evening News
7:15pm	Regional News and Weather
7:30pm	You've Been Framed!
8:00pm	Ant and Dec's Saturday Night Take Away
9:30pm	The Voice UK - Live Final
11:10pm	ITV News
11:30pm	Sherlock Holmes: A Game of Shadows
1:35am	Jackpot247

itv2

6:50am	ITV2 Nightscreen
7:00am	Totally Bonkers
	Guinness World Records
7:25am	Emmerdale Omnibus
10:10am	Coronation Street Omnibus
12:55pm	Ant and Dec's Saturday Night Take Away
2:30pm	Britain's Got Talent: Top 10 LOL Moments
3:30pm	You've Been Framed!
4:35pm	The Smurfs
5:35pm	FYI Daily
5:40pm	The Smurfs
6:40pm	Scrambled! Mr Bean
	Bean's Holiday.
7:40pm	FYI Daily
7:45pm	Scrambled! Mr Bean
	Bean's Holiday.
8:30pm	The Amazing Spider-Man 2
9:30pm	FYI Daily
9:35pm	The Amazing Spider-Man 2
11:10pm	Celebrity Juice
12:00am	Family Guy

itv3

5:35am	Murder, She Wrote
6:25am	Judge Judy
6:50am	ITV3 Nightscreen
7:00am	Judge Judy
7:20am	Mutiny on the Buses
	<i>The second spin-off from the popular comedy television series</i>
8:00am	On the Buses
	<i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
9:00am	Murder, She Wrote
10:05am	Lewis
12:00pm	A Touch of Frost
2:10pm	A Touch of Frost
4:20pm	Columbo: A Deadly State of Mind
6:00pm	Midsomer Murders
8:00pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	Vera
2:00am	Road to Avonlea
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

8:30am	BRDC Formula 3 Championship Highlights
9:30am	British Superbike Highlights
10:30am	ITV Racing: The Opening Show
11:30am	The Big Fish Off
12:30pm	Police Academy 2: Their First Assignment
1:30pm	FYI Daily
1:35pm	Police Academy 2: Their First Assignment
2:20pm	Football's Greatest
2:30pm	ITV Racing: Live from Kempton
5:00pm	Red River
6:05pm	FYI Daily
6:10pm	Red River
7:40pm	Live and Let Die
8:45pm	FYI Daily
8:50pm	Live and Let Die
10:05pm	Lethal Weapon 2
11:10pm	FYI Daily
11:15pm	Lethal Weapon 2
12:25am	The Assassination of Jesse James by the Coward Robert Ford

sky CINEMA ACTION & ADVENTURE

3:00pm	Rogue One: A Star Wars Story
5:30pm	The Huntsman: Winter's War
7:40pm	Miss Peregrine's Home for Peculiar Children
10:00pm	King Arthur: Legend of the Sword
12:15am	Rogue One: A Star Wars Story
2:35am	Kiss of the Dragon

sky CINEMA COMEDY

9:20am	Sweet Home Alabama
11:20am	Runaway Bride
1:20pm	Snatched
3:00pm	Anchorman: The Legend of Ron Burgundy
4:40pm	Love Actually
7:00pm	White Chicks
9:00pm	Snatched
10:40pm	Anchorman: The Legend of Ron Burgundy
12:20am	White Chicks

sky CINEMA PREMIERE

4:45am	Insyriated
6:30am	Special
7:00am	Run the Tide
	<i>Taylor Lautner (The Twilight Saga) stars as a Texas twentysomething determined to keep his younger brother away from their ex-con mother</i>
8:45am	Top Ten Show, the 2018
9:00am	Cars 3
11:00am	The Emoji Movie
12:30pm	The Hurricane Heist
2:30pm	Special
3:00pm	Spider-Man: Homecoming
5:20pm	Cars 3
7:20pm	The Emoji Movie
9:00pm	The Hurricane Heist
10:50pm	Spider-Man: Homecoming
1:10am	Unforgettable
2:55am	The Hurricane Heist
4:45am	Double Date

sky sports football

7:00am	Football
10:15am	EFL Greatest Games
10:30am	SPFL Matters
11:00am	Soccer A.M.
12:30pm	SPFL Matters
1:00pm	Football
3:45pm	Gillette Soccer Saturday
4:15pm	Gillette Soccer Saturday
6:15pm	La Liga Greatest Games
6:25pm	Football
8:30pm	La Liga Greatest Games
8:40pm	Football
10:45pm	La Liga Icons
11:00pm	Football
1:05am	EFL Goals: Championship
1:30am	Football
3:35am	MLS Greatest Games
3:45am	La Liga Icons
4:00am	EFL Goals: Championship
4:30am	Football Countdowns
5:00am	EFL Greatest Games
5:15am	EFL Greatest Games
5:30am	SPFL Greatest Games
5:45am	SPFL Greatest Games

No-show diners take big bite out of restaurants' piece of the pie

Nora Johnson

Breaking Views

Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to www.euroweeklynews.com/3.0.15/nora-johnson

NO-SHOWS, the curse of many UK restaurants, are now so commonplace that some name and shame them online like local papers once did to paedophiles.

Over one single weekend a Peterborough restaurant lost £3,000, while over a month an Edinburgh chef had 450 no-shows and cancellations. Apparently, people book several restaurants, making a final choice on the night.

Perhaps it's all down to impersonal online booking systems making it too easy to 'ghost' without blame?

Similarly, no-shows for house viewings with estate agents are also common across the industry. Sadly, this is how many people behave these days and actually think it's OK.

Maybe one solution for restaurants is non-refundable deposits - or like an increasing number of restaurants especially in hipster Hackney, decline all bookings and simply open the doors? And if it gets full, just turn 'em away.

No shows at restaurants are bad enough, but in the NHS, they come at a huge cost - last year alone they cost the NHS £1 billion - and take away appointments from those really in need.

As for 'ghost' appointments, I know of someone who regularly books a GP's appointment a month in advance, then if she doesn't need it, simply



GOES ON AND ON: Empty chairs at empty tables.

cancels. Which is one way round the problem of not being able to get an appointment, I suppose - and sums up today's '#me, me, me' culture.

While a no-bookings system clearly wouldn't work in today's NHS, it's not unknown.

One GP's surgery, I read about decades ago, had bench-

es. You arrived, took your seat and slid along onto the bench in front as patients were seen, until you were next in line.

Finally, heard about the

waiter fired for rudeness in Canada claiming he was 'just being French'? But rudeness is hardly a uniquely French trait, is it? Many European countries, umm, serve up something similar.

Perhaps he should be 'time-travelled' back across the pond to Torquay, and have a stint at that bastion of politeness, Fawlty Towers. Question is: would he get his just desserts there from Basil?

Nora Johnson's psychological crime thrillers 'The Girl in the Red Dress', 'No Way Back', 'Landscape of Lies', 'Retribution', 'Soul Stealer', 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in paperback/eBook (€0.99; £0.99) and iBook store.

All profits to Costa del Sol Cudeca cancer charity.

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<div>BBCone</div>		<div>BBC TWO</div>		<div>BBCFOUR</div>		<div>CHANNEL 4</div>		<div>CHANNEL 5</div>		<div>4</div>		<div>sky sports main event</div>	
<div>8:30am</div>	Match of the Day	<div>7:00am</div>	Commonwealth Games 2018	<div>8:00pm</div>	Only Connect	<div>8:30am</div>	Everybody Loves Raymond	<div>5:55am</div>	Great Scientists	<div>9:20am</div>	Made in Chelsea	<div>3:35am</div>	Live Rugby 7s: Hong Kong
<div>10:00am</div>	The Andrew Marr Show	<div>10:00am</div>	Commonwealth Games 2018	<div>8:30pm</div>	University Challenge	<div>9:00am</div>	Everybody Loves Raymond	<div>6:20am</div>	Wildlife SOS	<div>10:30am</div>	The Goldbergs	<div>7:00am</div>	Live Rugby 7s: Hong Kong
<div>11:00am</div>	The Big Questions	<div>12:00pm</div>	Saturday Kitchen Best Bites	<div>9:00pm</div>	Commonwealth Games Extra	<div>9:25am</div>	Frasier	<div>6:50am</div>	Access	<div>11:00am</div>	The Goldbergs	<div>10:00am</div>	Masters Breakfast - Live
<div>12:00pm</div>	Commonwealth Games 2018	<div>1:30pm</div>	MasterChef	<div>10:00pm</div>	Folk Awards 2018	<div>10:00am</div>	Frasier	<div>7:00am</div>	Milkshake!	<div>11:30am</div>	The Goldbergs	<div>1:00pm</div>	Goals on Sunday
<div>2:30pm</div>	BBC News	<div>2:30pm</div>	MasterChef	<div>11:00pm</div>	The Sky at Night	<div>10:30am</div>	Sunday Brunch	<div>10:45am</div>	Teenage Mutant Ninja Turtles	<div>12:00pm</div>	The Goldbergs	<div>2:30pm</div>	Live Nissan Super Sunday
<div>2:40pm</div>	Weather for the Week Ahead	<div>3:00pm</div>	<i>Long running cookery show which searches for the country's next star chef.</i>	<div>11:30pm</div>	<i>A look at the world of astronomy.</i>	<div>1:45pm</div>	The Simpsons	<div>11:20am</div>	Football on 5	<div>12:30pm</div>	Step Up 4: Miami Heat	<div>2:30pm</div>	<i>Arsenal meet Southampton at the Emirates Stadium in the Premier League.</i>
<div>2:45pm</div>	Commonwealth Games 2018	<div>4:00pm</div>	Emma	<div>12:30am</div>	<i>The story of how our solar system will be transformed by the ageing sun before coming to a spectacular end in about eight billion years.</i>	<div>2:15pm</div>	The Simpsons	<div>12:15pm</div>	Football on 5	<div>2:30pm</div>	The Goldbergs	<div>5:15pm</div>	Live Nissan Super Sunday
<div>5:30pm</div>	Songs of Praise	<div>6:00pm</div>	Today at the Games	<div>1:30am</div>	Horizon	<div>2:45pm</div>	The Great Celebrity Bake Off for Stand Up to Cancer	<div>1:50pm</div>	Oliver!	<div>3:00pm</div>	Brooklyn Nine-Nine	<div>8:00pm</div>	<i>Chelsea meet West Ham United at Stamford Bridge in the Premier League.</i>
<div>6:05pm</div>	Celebrity Mastermind	<div>7:30pm</div>	Golf	<div>2:30am</div>	Conversations	<div>4:00pm</div>	F1: Grand Prix Live Build Up	<div>4:40pm</div>	The Deep End of the Ocean	<div>3:30pm</div>	The Big Bang Theory	<div>1:30am</div>	<i>Relive all of the drama with a look at Danny Willett's 2016 Masters win.</i>
<div>6:35pm</div>	BBC News	<div>3:00am</div>	<i>News and stories concerning the heart of the British countryside.</i>	<div>3:30am</div>	When Wrestling Was Golden: Grapples, Grunts and Grannies	<div>4:45pm</div>	F1: Grand Prix Live Reaction	<div>9:00pm</div>	Marley and Me	<div>4:00pm</div>	The Big Bang Theory	<div>2:00am</div>	Sky Sports News
<div>6:50pm</div>	Regional News	<div>4:55am</div>	Holby City	<div>3:00am</div>	Countryfile	<div>7:45pm</div>	Channel 4 News	<div>9:55pm</div>	Can't Pay? We'll Take it Away!	<div>4:30pm</div>	The Big Bang Theory	<div>3:00am</div>	Sky Sports News
<div>6:55pm</div>	Weather	<div>5:00am</div>	Weather for the Week Ahead	<div>2:30am</div>	Revolution and Romance: Musical Masters of the 19th Century	<div>8:00pm</div>	Escape to the Chateau	<div>10:00pm</div>	Goes Horribly Wrong	<div>5:00pm</div>	The Big Bang Theory	<div>4:00am</div>	Sky Sports News
<div>7:00pm</div>	The Big Painting Challenge					<div>9:00pm</div>	Jesus' Female Disciples: The New Evidence	<div>12:55am</div>	Football on 5: The Checkatrade Trophy	<div>5:30pm</div>	The Big Bang Theory	<div>5:00am</div>	Sky Sports News
<div>8:00pm</div>	Countryfile					<div>10:00pm</div>	Homeland	<div>1:50am</div>	Britain's Greatest Bridges	<div>6:00pm</div>	The Big Bang Theory	<div>5:00am</div>	Sky Sports News
<div>9:00pm</div>	The Generation Game					<div>11:05pm</div>	8 Out of 10 Cats Does Countdown	<div>2:05am</div>	Super Casino	<div>6:30pm</div>	The Big Bang Theory	<div>5:00pm</div>	Sky Sports News
<div>10:00pm</div>	Ordeal by Innocence					<div>12:00am</div>	Tinker Tailor Soldier Spy	<div>4:10am</div>	Resident Evil: Afterlife	<div>6:55pm</div>	Young Sheldon	<div>5:00pm</div>	Sky Sports News
<div>11:00pm</div>	BBC News					<div>2:25am</div>	Shubh Mangal Saavdhan	<div>5:45am</div>	House Doctor	<div>7:25pm</div>	The Big Bang Theory	<div>5:00pm</div>	Sky Sports News
<div>11:20pm</div>	Regional News					<div>4:15am</div>	KOTV Boxing Weekly			<div>7:50pm</div>	Night at the Museum	<div>5:00am</div>	Sky Sports News
<div>11:25pm</div>	Weather									<div>10:00pm</div>	Marvel's Agents of S.H.I.E.L.D.	<div>5:00am</div>	Sky Sports News
<div>11:30pm</div>	Match of the Day 2									<div>11:00pm</div>	The Inbetweeners		
<div>12:30am</div>	Commonwealth Games 2018									<div>11:35pm</div>	The Inbetweeners		
<div>5:00am</div>	Commonwealth Games 2018									<div>12:10am</div>	The Big Bang Theory		
										<div>12:35am</div>	The Big Bang Theory		
										<div>1:00am</div>	Tattoo Fixers		
										<div>2:10am</div>	The Inbetweeners		
										<div>2:40am</div>	The Inbetweeners		
										<div>3:15am</div>	Marvel's Agents of S.H.I.E.L.D.		
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky sports football</div>	
<div>9:10am</div>	Mr. Bean: The Animated Series	<div>4:00am</div>	Teleshopping	<div>7:00am</div>	On the Buses	<div>7:00am</div>	Storage Wars	<div>8:50am</div>	12 Rounds	<div>7:00am</div>	6 Below: Miracle on the Mountain	<div>9:00am</div>	La Liga Highlights: Barcelona
<div>9:30am</div>	Spy School	<div>7:00am</div>	The Planet's Funniest Animals	<div>7:25am</div>	Carry on at Your Convenience	<div>7:25am</div>	Storage Wars	<div>10:45am</div>	Guardians of the Galaxy Vol.2	<div>8:50am</div>	Cars 3	<div>9:15am</div>	La Liga Icons
<div>10:05am</div>	Adventure Time	<div>7:15am</div>	Emmerdale Omnibus	<div>9:05am</div>	Heartbeat	<div>7:55am</div>	Storage Wars	<div>1:05pm</div>	Fast and Furious 8	<div>10:00am</div>	<i>Constantly outshined and outraced by a fleet of hi-tech rookies, former champ Lightning McQueen must find a new way to win.</i>	<div>9:30am</div>	EFL Goals: Championship
<div>10:25am</div>	ITV News	<div>9:55am</div>	Coronation Street Omnibus	<div>10:10am</div>	Heartbeat	<div>8:25am</div>	Pawn Stars	<div>3:25pm</div>	Central Intelligence	<div>10:30am</div>	EFL Goals: League One and League Two	<div>10:00am</div>	EFL Goals: League One and League Two
<div>10:30am</div>	Love Your Garden	<div>12:40pm</div>	The Voice UK - Live Final	<div>11:10am</div>	Agatha Christie's Marple	<div>8:55am</div>	Pawn Stars	<div>5:30pm</div>	Baywatch	<div>10:30am</div>	La Liga Greatest Games	<div>10:30am</div>	La Liga Greatest Games
<div>11:00am</div>	The Voice UK - Live Final	<div>2:30pm</div>	Nanny McPhee and the Big Bang	<div>1:20pm</div>	Columbo: A Deadly State of Mind	<div>9:20am</div>	Pawn Stars	<div>7:30pm</div>	Guardians of the Galaxy Vol.2	<div>10:40am</div>	The Story of Las Palmas	<div>10:30am</div>	La Liga Greatest Games
<div>12:40pm</div>	Info not available	<div>2:30pm</div>	Nanny McPhee and the Big Bang	<div>2:55pm</div>	A Touch of Frost	<div>10:20am</div>	Pawn Stars	<div>10:00pm</div>	Fast and Furious 8	<div>10:45am</div>	The Emoji Movie	<div>10:40am</div>	The Story of Las Palmas
<div>1:40pm</div>	ITV Lunchtime News	<div>3:30pm</div>	FYI Daily	<div>5:00pm</div>	Vera	<div>10:45am</div>	Pawn Stars	<div>12:20am</div>	12 Rounds	<div>12:30pm</div>	Special	<div>11:55am</div>	Football
<div>2:00pm</div>	Ant and Dec's Saturday Night Take Away	<div>3:35pm</div>	Nanny McPhee and the Big Bang	<div>7:00pm</div>	Lewis	<div>11:15am</div>	MSA British Touring Car Championship	<div>2:20am</div>	Central Intelligence	<div>1:00pm</div>	The Hurricane Heist	<div>2:00pm</div>	La Liga Highlights: Barcelona
<div>3:30pm</div>	Info not available	<div>4:40pm</div>	Smurfs 2	<div>9:00pm</div>	Larry Grayson: Shut That Door	<div>7:15pm</div>	Snooker v Darts Sports short film.	<div>4:25am</div>	Marauders	<div>3:00pm</div>	Cars 3	<div>2:15pm</div>	La Liga Icons
<div>4:00pm</div>	Tenable	<div>5:40pm</div>	FYI Daily	<div>11:00pm</div>	<i>Larry Grayson was one of the biggest television stars of the 1970s and 1980s.</i>	<div>7:25pm</div>	Pawn Stars			<div>5:00pm</div>	Spider-Man: Homecoming	<div>2:30pm</div>	EFL Goals: Championship
<div>5:00pm</div>	You've Been Framed!	<div>5:45pm</div>	Smurfs 2	<div>12:10am</div>	<i>An Audience with Victoria Wood</i>	<div>7:55pm</div>	The Big Fish Off			<div>7:20pm</div>	The Emoji Movie	<div>3:00pm</div>	EFL Goals: Championship
<div>5:30pm</div>	ITV Evening News	<div>6:45pm</div>	Charlie and the Chocolate Factory	<div>2:00am</div>	<i>Carry on Dick</i>	<div>8:55pm</div>	Mr. Bean			<div>9:00pm</div>	The Hurricane Heist	<div>3:30pm</div>	Football
<div>5:45pm</div>	Regional News and Weather	<div>7:50pm</div>	FYI Daily	<div>3:55am</div>	<i>Larry Grayson was one of the biggest television stars of the 1970s and 1980s.</i>	<div>9:25pm</div>	Mr. Bean			<div>10:50pm</div>	<i>Full-throttle thriller about a team of hackers using a devastating hurricane as cover to steal millions</i>	<div>6:15pm</div>	La Liga Greatest Games
<div>6:00pm</div>	Tipping Point	<div>7:55pm</div>	Charlie and the Chocolate Factory	<div>5:10am</div>	<i>An Audience with Victoria Wood</i>	<div>10:00pm</div>	An Audience with Billy Connolly			<div>12:35am</div>	Spider-Man: Homecoming	<div>6:25pm</div>	Football
<div>7:00pm</div>	The Chase: Celebrity Special	<div>9:00pm</div>	Spectre			<div>11:05pm</div>	Conan the Destroyer	<div>9:40am</div>	You Don't Mess with the Zohan	<div>2:55am</div>	Double Date	<div>8:30pm</div>	La Liga Greatest Games
<div>8:00pm</div>	Change Your Tune	<div>10:00pm</div>	FYI Daily			<div>12:05am</div>	FYI Daily	<div>11:40am</div>	Fist Fight	<div>4:35am</div>	The Hurricane Heist	<div>8:40pm</div>	Football
<div>9:00pm</div>	The Durrells	<div>10:05pm</div>	Spectre			<div>12:10am</div>	Conan the Destroyer	<div>1:20pm</div>	Fantastic Beasts and Where to Find Them: Special			<div>12:05am</div>	La Liga Highlights: Real Madrid
<div>10:00pm</div>	The Good Karma Hospital	<div>11:55pm</div>	Family Guy			<div>1:15am</div>	Six Bullets	<div>1:50pm</div>	Look Who's Talking			<div>12:20am</div>	La Liga Highlights: Barcelona
<div>11:00pm</div>	ITV News	<div>12:25am</div>	Family Guy			<div>2:15am</div>	FYI Daily	<div>3:30pm</div>	Look Who's Talking Too				
<div>11:20pm</div>	Info not available	<div>12:50am</div>	Family Guy			<div>2:20am</div>	Six Bullets	<div>5:00pm</div>	Look Who's Talking Now!				
<div>1:15am</div>	100 Year Old Driving School	<div>1:20am</div>	Family Guy			<div>3:25am</div>	The Protectors	<div>6:40pm</div>	Spanglish				
		<div>1:50am</div>	American Dad!			<div>3:55am</div>	ITV4 Nightscreen	<div>9:00pm</div>	30 Minutes or Less				
		<div>2:20am</div>	American Dad!			<div>4:00am</div>	Teleshopping	<div>10:30pm</div>	Fist Fight				
								<div>12:10am</div>	Spanglish				

TECH FOR THE TIMID



REMEMBER when computers were huge chunky towers with noisy fans, colonising vast areas of our desktop or floor?

Oh, how insensitive of me: yours still is. Forgive me if I've become slightly supercilious now that I have a tiny new desktop toy and have seen the future of computing.

A complete computer in a cube, it's barely a CD case on steroids, stuffed with the latest processor, memory and solid-state hard-drive, and it's light-years more powerful than many computer towers big enough to smuggle children across Checkpoint Charlie.

Welcome to the era of the Mini PC. Albeit a belated welcome, because while the rest of us have been getting on with life the universe and everything, Intel, HP, Asus, Gigabyte and scores of Asian innovators have been jumping on the Mini PC bandwagon. Indeed, the device I am now wooing is already in its sixth generation.

As fewer consumers buy traditional desktops, and with laptops dominating the new computer market, compress-

Don't cry for me Argentina if something breaks, says Terence Kennedy

Terence Kennedy discovers the joys of cubism in a big market for small computers



ANYONE FOR TENNIS? Big power, little footprint.

ing laptop miniaturisation into a hybrid desktop version was inevitable.

Inside these compact cubes is a tightly-packed circuit board, a processor with or without an almost silent fan depending on its power, one or two RAM (memory) sticks, and either your own SSD (solid state hard-drive)

or an onboard one, depending on the model and price range.

Mini, or cube, or 'NUC' computers (Next Unit of Computing, a truly awful name Intel probably went with because no-one dared to contradict the boss) free your desk of the clutter of a monster machine. They can even be

bolted to the back of the monitor, out of sight and reach.

Less than a €100 buys you a basic Chinese mini (just add a keyboard, monitor or mouse), all the way up to several hundreds for one which could calculate Pi to several quintillion decimal places, make coffee and play an infinite number of cat videos.

They come ready-made, or as so-called 'barebones' systems where you choose and install your own memory, storage media and operating system.

They're also bought as fancy home theatre media centres, to power in-store marketing displays, and as the ideal solution for workers who 'hot-desk' between workplaces, just unplug the cube and pop it in your briefcase.

Mini magic

HARD to believe you can buy a complete Mini PC for just €89 in a growing market for these tiny wonders.

But beware: for that you only get an 'Atom' processor (slow), 2 GB of memory (barely adequate for Windows 10) and 32 GB of on-board storage (which will soon fill up).

Amazingly it does include a legitimate copy of Windows 10, whose licence alone would probably cost you that.

Far better to pony up for something better. This new love of my life has a quad-core processor, 8 GB of RAM and 240 GB of storage, and gave me change from €300.

Now you must excuse me while I pursue my latest affair. I wonder if it prefers flowers, chocolates or a bottle of Rioja?

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BBCone

5:00am	Commonwealth Games 2018
7:00am	Breakfast
10:15am	Commonwealth Games 2018
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	800 Words
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Fake Britain
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	MasterChef
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got a Bit More
	News for You
12:30am	The Graham Norton Show
1:15am	Commonwealth Games 2018
4:00am	Commonwealth Games 2018

BBC TWO

7:00am	Commonwealth Games 2018
10:15am	Oxford Street Revealed
11:00am	Homes Under the Hammer
12:00pm	Britain's Home Truths
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	Commonwealth Games 2018
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Today at the Games
9:00pm	Only Connect
9:30pm	University Challenge
10:00pm	Secret Agent Selection : Ww2
11:00pm	QI
11:30pm	Newsnight
12:10am	Weather
12:15am	The Secret Helpers
1:15am	The Silent Child
1:35am	David Attenborough's Natural Curiosities
2:05am	Hugh's Wild West
3:05am	Weather for the Week Ahead

BBC FOUR

8:00pm	Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Nature's Microworlds
9:00pm	Commonwealth Games Extra
10:00pm	Art Lovers Guide
11:00pm	David Hurn: A Life in Pictures
11:40pm	Cinema Through the Eye of Magnum Photos
12:35am	Dan Cruickshank: At Home with the British
1:35am	Top of the Pops
2:10am	Top of the Pops <i>Tony Blackburn and Gary Davies present the weekly chart show, first broadcast on 17 March 1983.</i>
2:40am	Nature's Microworlds
3:10am	Art Lovers Guide

CHANNEL 4

7:45am	3rd Rock from the Sun
8:35am	Everybody Loves Raymond
9:30am	Frasier
11:05am	Ramsay's Hotel Hell
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Escape to the Chateau: DIY
6:00pm	Four in a Bed
6:30pm	Star Boot Sale
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Britain's Diesel Scandal: Channel 4 Dispatches
9:30pm	Travel Man
10:00pm	The Island with Bear Grylls
11:00pm	Kiss Me First
12:05am	Indian Summer School
1:05am	Lee and Dean
1:35am	My Online Nightmare

CHANNEL 5

5:45am	House Doctor
6:10am	Great Scientists
6:35am	Wildlife SOS
7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	The Gadget Show
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Newlywed and Dead
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Aviva Premiership Rugby Highlights
9:00pm	Springtime on the Farm
10:00pm	Paddington Station 24/7
11:00pm	Police UK: Armed and Deadly
12:05am	Criminals Caught on Camera
1:05am	America's Toughest Prisons

4

7:00am	Hollyoaks
7:30am	Hollyoaks
8:00am	Rules of Engagement
8:30am	Rules of Engagement
9:00am	How I Met Your Mother
9:30am	How I Met Your Mother
10:00am	New Girl
11:00am	2 Broke Girls
12:00pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	How I Met Your Mother
4:00pm	New Girl
5:00pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	Young Sheldon
10:00pm	Made in Chelsea
11:00pm	Don't Tell the Bride Ireland
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Sky Sports Daily
1:00pm	Sky Sports News
2:00pm	Sky Sports News
3:00pm	Sky Sports News
4:00pm	Live Indian Premier League
8:30pm	Sky Sports Tonight
9:00pm	How the 2018 Masters Was Won
11:00pm	The Debate - Live
12:00am	Sky Sports News
1:00am	Sky Sports News
2:00am	Live WWE Late Night Raw
5:15am	WWE From the Vault
5:30am	WWE From the Vault
5:45am	WWE From the Vault

itv

9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	Regional News and Weather
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:25pm	Party Election Broadcast
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Kyle Files
9:30pm	Coronation Street
10:00pm	Marcella
11:00pm	ITV News at Ten and Weather
11:30pm	Regional News and Weather
11:50pm	The Investigator: A British Crime Story
12:50am	The Kyle Files

itv2

8:10am	Who's Doing the Dishes?
8:55am	Emmerdale
9:20am	Coronation Street
9:55am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelor
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	American Dad!
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	American Dad!
12:30am	The Cleveland Show

itv3

6:00am	Road to Avonlea
6:50am	ITV3 Nightscreen
7:00am	Coronation Street
7:25am	Coronation Street
7:50am	Heartbeat
8:55am	The Royal
10:00am	Judge Judy
10:25am	Judge Judy
10:50am	Judge Judy
11:20am	Inspector Morse
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:50pm	On the Buses
5:20pm	On the Buses
5:55pm	You're Only Young Twice
6:25pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Lewis
11:00pm	DCI Banks
12:00am	DCI Banks
1:05am	Scott and Bailey
2:05am	Scott and Bailey
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:30am	Ironsides
9:25am	Quincy, M.E.
10:30am	Minder
11:35am	The Saint
12:35pm	The Avengers
1:45pm	Ironsides
2:50pm	Quincy, M.E.
3:50pm	Minder
4:50pm	The Saint
5:55pm	The Avengers
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	Pawn Stars
8:25pm	Pawn Stars
8:55pm	Mr. Bean
9:30pm	Mr. Bean
10:00pm	Rambo: First Blood Part II
11:05pm	FYI Daily
11:10pm	Rambo: First Blood Part II
12:00am	Red Heat
1:00am	FYI Daily
1:05am	Red Heat
2:05am	Fifth Gear
3:05am	It's Not Rocket Science

sky CINEMA ACTION & ADVENTURE

6:15am	Sky Movies - April 2018
7:00am	Broken Arrow
9:00am	Iron Man 3
11:15am	Doctor Strange
1:15pm	Birth of the Dragon
3:00pm	The Hunter's Prayer
4:45pm	Broken Arrow
6:45pm	Iron Man 3
9:00pm	Doctor Strange
11:00pm	Birth of the Dragon
12:40am	The Hunter's Prayer
2:15am	Armageddon

sky CINEMA COMEDY

9:05am	Kicking Off
10:35am	As Good as it Gets
1:00pm	Dodgeball: A True Underdog Story
2:40pm	Table 19
4:15pm	The Dictator
5:45pm	Popstar: Never Stop Never Stopping
7:20pm	Raising Arizona
9:00pm	Table 19
10:35pm	The Dictator
12:05am	Airplane!
1:40am	Airplane II: The Sequel

sky CINEMA PREMIERE

4:35am	The Hurricane Heist
6:30am	Special
7:00am	Cars 3
8:45am	Run the Tide
10:25am	The Emoji Movie
11:55am	The Hurricane Heist
1:45pm	Rough Stuff
3:55pm	6 Below: Miracle on the Mountain
5:40pm	Cars 3
7:30pm	The Emoji Movie
9:00pm	The Hurricane Heist
10:50pm	Rough Stuff
	<i>A ragtag crew of gold-seeking drifters team up with a group of environmental activists and head into the Outback in search of a legendary lost haul.</i>
1:00am	The Free World
2:45am	The Hurricane Heist
4:40am	Double Date

sky sports football

10:00am	La Liga Highlights: Real Madrid
10:15am	La Liga Highlights: Barcelona
10:30am	La Liga Greatest Games
10:45am	La Liga Greatest Games
11:00am	Football
1:15pm	Football
3:20pm	La Liga
5:25pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	La Liga Highlights: Real Madrid
7:15pm	La Liga Highlights: Barcelona
7:30pm	La Liga Icons
8:00pm	Soccer A.M.
8:30pm	La Liga Greatest Games
8:40pm	La Liga Icons
8:55pm	Football
11:00pm	SPFL Round Up 2017/18
11:15pm	SPFL Greatest Games
11:30pm	MLS Round Up Show
12:00am	Soccer A.M. - The Best Bits

A brief introduction and an Italian classic

By Andy Harding
columnists@euroweeklynews.com

THIS is what I hope will be the first of many cookery columns I will be writing for the Euro Weekly News.

The name of this column will I hope, explain the ethos behind my cooking. Simply put, you are what you eat. I cook with pure ingredients, I know what goes into my food, there is nothing hidden or harmful, and as a result my family and I enjoy good health.

I would like to take this opportunity to introduce myself. You already know my name, so let me tell you the rest. I am a retired dentist and have lived in Marbella for three years, prior to that we had a holiday home here since 2006. I have three grown up children, who, with my wife, live in Newcastle upon Tyne. When I started university I couldn't cook, but one night 39 years ago I decided to impress a new girlfriend (who hated cooking) by doing something I had never done before; cook a meal from basic ingredients. She must have been impressed, a year later we were engaged! I have cooked for her and our family ever since.

I hope you enjoy this column and all comments good or bad are welcome.

Happy Reading!

Recipe of the week: Spaghetti Bolognese

**Eat Well
to Live Well**



1 tablespoon olive oil
1 medium onion, chopped
30 grams bacon, chopped
200 grams beef, minced
2 whole garlic cloves (add more if you want to), chopped
250 millilitres red wine
1/2 teaspoon celery salt
2 teaspoons dried mixed Italian herbs
2 whole bay leaves, whole
1 tin chopped tomatoes
1 tablespoon tomato paste
1 whole beef stock cube, crumbled
125 grams mushrooms, sliced
Black peppercorns (ground), to taste
1 litre water, boiling
2 teaspoons salt
180 grams dried spaghetti
2 teaspoons olive oil
60 grams parmesan cheese, grated

Servings: 2

Preparation Time: 15 minutes

Start to finish: 1 hour 30 minutes

In a suitably sized saucepan gently sauté the onion and bacon in olive oil, add garlic and continue to sauté continually stirring until the garlic has taken on a golden hue. Add the



SPAGHETTI BOLOGNESE: Serve with freshly grated parmesan cheese.

minced beef and stir until browned. 2/3 hob heat is the hottest required for the sauce, any higher and it will burn.

Add the red wine and simmer until the smell of alcohol has disappeared and it has reduced by about 1/2.

Add the herbs, tinned tomatoes, tomato paste and the beef stock cube continually stirring, turn the heat to 1/3 for 45 minutes. If the pan has a lid, just leave it on, if not occasionally top up with water. The sauce needs to have a similar consistency to a bowl of old fashioned rice pudding.

Add mushrooms and stir, bring back to a

light simmer for 10 minutes. Season to taste with salt and pepper. Discard the bay leaves.

At the same time, add a teaspoon of salt and two teaspoons of olive oil to a pan of boiling water on the highest hob setting, add spaghetti.

Cook until it is slightly al dente with a slight resistance when biting, drain in a colander. The Bolognese sauce should be ready at the same time.

Serve on a pre-warmed plate with freshly grated parmesan cheese.

Serving Ideas: Slices of garlic bread.

Suggested Wine: A full bodied Red, Italian or Spanish.

Weekly tip Use Extra Virgin Olive Oil, it does cost more, but it has a better flavour and consistency, so less can be used.

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BBC one

7:00am	Breakfast
10:15am	Commonwealth Games 2018
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	800 Words
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	Come Home
11:00pm	BBC News <i>The latest national and international news stories, followed by Weather.</i>
11:30pm	Regional News
11:40pm	Weather
11:45pm	This Country
12:15am	Generation Screwed?
12:55am	Commonwealth Games 2018
4:00am	Commonwealth Games 2018

BBC TWO

7:00am	Commonwealth Games 2018
10:15am	Oxford Street Revealed
11:00am	Homes Under the Hammer
12:00pm	Britain's Home Truths
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt <i>Game show in which two teams compete for the best bargains before they go up for auction.</i>
2:00pm	Commonwealth Games 2018
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Today at the Games
9:00pm	Great Indian Railway Journeys
10:00pm	Hospital
11:00pm	Cunk on Britain
11:30pm	Newsnight
12:10am	Weather
12:15am	Amazing Hotels: Life Beyond the Lobby
1:15am	The Super League Show

BBC FOUR

8:00pm	Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective. series 1.</i>
8:30pm	Nature's Microworlds <i>Series in which Steve Backshall looks at some of the world's most iconic ecosystems.</i>
9:00pm	Commonwealth Games Extra
10:00pm	The Story of the Jews
11:00pm	Majesty and Mortar: Britain's Great Palaces
12:00am	Chivalry and Betrayal: The Hundred Years War
1:00am	Francesco's Italy
2:00am	Top of the Pops
2:30am	Top of the Pops
3:00am	Secret Knowledge: Stradivarius and Me
3:35am	The Story of the Jews

CHANNEL 4

7:00am	Countdown
7:45am	3rd Rock from the Sun
8:10am	3rd Rock from the Sun
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Hotel Hell
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Escape to the Chateau: DIY
6:00pm	Four in a Bed
6:30pm	Star Boot Sale
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Class of Mum and Dad
10:00pm	Seven Year Switch
11:00pm	Gogglebox
12:05am	One Born Every Minute

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	GP's: Behind Closed Doors
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Nightmare 911
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Moto GP Highlights
9:00pm	Springtime on the Farm
10:00pm	Made in Yorkshire
11:00pm	Secrets of the Great Yorkshire Castle
12:05am	The Great Yorkshire Bridge
1:05am	Housing Yorkshire: Somewhere Called Home
2:00am	Super Casino
4:10am	GP's: Behind Closed Doors
5:00am	My Mum's Hotter Than Me!
5:45am	House Doctor

4

9:00am	How I Met Your Mother
9:30am	How I Met Your Mother
10:00am	New Girl
10:30am	New Girl
11:00am	2 Broke Girls
11:30am	2 Broke Girls
12:00pm	Brooklyn Nine-Nine
12:30pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
3:00pm	How I Met Your Mother
3:30pm	How I Met Your Mother
4:00pm	New Girl
4:30pm	New Girl
5:00pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gotham
11:00pm	Underworld: Rise of the Lycans
12:45am	The Big Bang Theory
1:15am	The Big Bang Theory

sky sports main event

8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Sky Sports Daily
12:30pm	Sportswomen
1:00pm	Sky Sports News
2:00pm	Sky Sports News
3:00pm	Sky Sports News
4:00pm	Live Indian Premier League
8:30pm	Football
11:15pm	The Debate - Live
12:15am	Revista de la Liga <i>A round-up of all of the latest action and goals from Spain's La Liga.</i>
12:45am	La Liga Icons: Zidane
1:00am	Sky Sports News <i>All the news from the Premier League and beyond.</i>
2:00am	Sky Sports News <i>All the news from the Premier League and beyond.</i>
3:00am	Sky Sports News
4:00am	Sky Sports News

itv

6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	Regional News and Weather
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:25pm	Party Election Broadcast
7:30pm	ITV Evening News
8:00pm	Emmerdale
9:00pm	This Time Next Year
10:00pm	Last Laugh in Vegas
11:00pm	ITV News at Ten and Weather
11:30pm	Regional News and Weather
11:45pm	The Cruise: Sailing the Caribbean
12:15am	Heroes and Villains: Caught on Camera

itv2

7:45am	Totally Bonkers
8:10am	Guinness World Records
8:55am	Who's Doing the Dishes?
9:20am	Emmerdale
9:55am	Coronation Street
10:25am	Coronation Street
11:20am	The Ellen DeGeneres Show
11:50am	The Bachelor
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	American Pie
11:10pm	FYI Daily
11:15pm	American Pie
12:00am	Family Guy
12:30am	Family Guy

itv3

7:25am	Coronation Street
7:50am	Heartbeat
8:55am	The Royal
10:00am	Judge Judy
10:25am	Judge Judy
10:50am	Judge Judy
11:20am	Inspector Morse
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:50pm	On the Buses
5:20pm	On the Buses
5:50pm	You're Only Young Twice
6:20pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Scott and Bailey
12:00am	Scott and Bailey <i>Drama series following two Manchester police officers.</i>
1:05am	A Touch of Frost
3:00am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:30am	Ironsides
9:30am	Quincy, M.E.
10:30am	Minder
11:40am	The Saint
12:40pm	The Avengers
1:50pm	Ironsides
2:50pm	Quincy, M.E.
3:55pm	Minder
5:00pm	The Saint
6:00pm	The Avengers
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Lethal Weapon 2
11:05pm	FYI Daily <i>The latest news from the world of entertainment.</i>
11:10pm	Lethal Weapon 2
12:20am	Conan the Destroyer
1:20am	FYI Daily <i>The latest news from the world of entertainment.</i>
1:25am	Conan the Destroyer
2:25am	Ax Men
3:25am	The Protectors
3:50am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

7:00am	Spider-Man
9:10am	Spider-Man 2
11:25am	Spider-Man 3
1:50pm	Spider-Man: Homecoming
4:10pm	Spider-Man
6:15pm	Spider-Man 2
8:30pm	Spider-Man 3
11:00pm	Spider-Man: Homecoming
1:20am	Bloodsport
3:00am	Cyborg 009

sky CINEMA COMEDY

8:40am	All About Steve
10:25am	Drillbit Taylor
12:15pm	The Hitchhiker's Guide to the Galaxy
2:10pm	Chips: Law and Disorder
4:00pm	Here Comes the Boom
5:50pm	The Wedding Singer
7:30pm	The Naked Gun: From the Files of Police Squad!
9:00pm	Chips: Law and Disorder
10:45pm	Here Comes the Boom
12:35am	Sausage Party

sky CINEMA PREMIERE

7:00am	Rough Stuff <i>A ragtag crew of gold-seeking drifters team up with a group of environmental activists and head into the Outback in search of a legendary lost haul. Aussie adventure.</i>
9:15am	The Emoji Movie
11:00am	Maudie
1:10pm	The Hurricane Heist
3:00pm	Special
3:30pm	The Free World
5:20pm	The Emoji Movie
7:00pm	Maudie
9:00pm	The Hurricane Heist
10:50pm	Double Date
12:30am	Rough Stuff
2:40am	The Free World
4:35am	Run the Tide <i>Taylor Lautner (The Twilight Saga) stars as a Texas twentysomething determined to keep his younger brother away from their ex-con mother. Drama with Constance Zimmer.</i>

sky sports football

11:30am	Soccer A.M.
12:00pm	One2eleven
12:15pm	One2eleven
12:30pm	SPFL Greatest Games
12:45pm	SPFL Greatest Games
1:00pm	SPFL Round Up 2017/18
1:15pm	SPFL Greatest Games
1:30pm	MLS Round Up Show
2:00pm	La Liga Icons
3:00pm	Eredivisie
4:00pm	Football's Greatest Teams
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup
5:30pm	Greatest Games
5:30pm	La Liga Greatest Games
6:00pm	Revista de la Liga
6:30pm	Football
7:00pm	Countdowns
7:00pm	SPFL Round Up 2017/18
7:15pm	SPFL Greatest Games
7:30pm	MLS Round Up Show
8:00pm	Revista de la Liga
8:30pm	Football
11:15pm	The Debate - Live
12:15am	Revista de la Liga

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<div>BBCone</div>		<div>BBC TWO</div>		<div>BBC FOUR</div>		<div>CHANNEL 4</div>		<div>CHANNEL 5</div>		<div>4</div>		<div>sky sports main event</div>			
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We'll Take it Away!</div> <div>5 News</div> <div>GPs: Behind Closed Doors.</div> <div>Access</div> <div>Home and Away</div> <div>Neighbours</div> <div>NCIS</div> <div>McBride: Murder Past Midnight</div> <div>5 News</div> <div><i>The latest news coverage.</i></div> <div>Neighbours</div> <div>Home and Away</div> <div>5 News</div> <div>World Rally</div> <div>Springtime on the Farm</div> <div>Housing Yorkshire: Somewhere Called Home</div> <div>Restless Legs Syndrome: Can't Stop Twitching</div> <div>Murder on the Internet</div>	<div>7:00am</div> <div>8:00am</div> <div>9:00am</div> <div>9:30am</div> <div>10:00am</div> <div>11:00am</div> <div>12:00pm</div> <div>1:00pm</div> <div>2:00pm</div> <div>3:00pm</div> <div>4:00pm</div> <div>5:00pm</div> <div>6:00pm</div> <div>7:00pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>9:30pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>12:05am</div> <div>12:35am</div> <div>1:05am</div>	<div>Hollyoaks</div> <div>Rules of Engagement</div> <div>How I Met Your Mother</div> <div>How I Met Your Mother</div> <div>New Girl</div> <div>2 Broke Girls</div> <div>Brooklyn Nine-Nine</div> <div>The Goldbergs</div> <div>The Big Bang Theory</div> <div>How I Met Your Mother</div> <div>New Girl</div> <div>Brooklyn Nine-Nine</div> <div>The Goldbergs</div> <div>The Big Bang Theory</div> <div>Hollyoaks</div> <div>Extreme Cake Makers</div> <div>The Goldbergs</div> <div>The Big Bang Theory</div> <div>Timeless</div> <div>Naked Attraction</div> <div>The Big Bang Theory</div> <div>The Big Bang Theory</div> <div>First Dates</div>	<div>7:00am</div> <div>10:00am</div> <div>11:00am</div> <div>12:00pm</div> <div>1:00pm</div> <div>2:00pm</div> <div>3:00pm</div> <div>4:00pm</div> <div>8:30pm</div> <div>11:00pm</div> <div>12:00am</div> <div>1:00am</div> <div>2:00am</div> <div>3:00am</div>	<div>Total Goals</div> <div>Good Morning Sports Fans</div> <div>Premier League Daily</div> <div>Sky Sports Daily</div> <div>Sky Sports News</div> <div>Sky Sports News</div> <div><i>All the news from the Premier League and beyond.</i></div> <div>Sky Sports News</div> <div><i>All the news from the Premier League and beyond.</i></div> <div>Live Indian Premier League</div> <div>Football</div> <div><i>Wolves take on Derby County at Molineux in the Sky Bet Championship.</i></div> <div>The Debate - Live</div> <div>Sky Sports News</div> <div>Sky Sports News</div> <div>Sky Sports News</div> <div>Sky Sports News</div>		
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky sports football</div>			
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<div>Regional News and Weather</div> <div>UEFA Champions League Highlights</div> <div>Play to the Whistle</div>	<div>7:00am</div> <div>7:20am</div> <div>8:10am</div> <div>8:55am</div> <div>9:55am</div> <div>10:25am</div> <div>11:20am</div> <div>1:15pm</div> <div>2:15pm</div> <div>2:45pm</div> <div>3:35pm</div> <div>5:50pm</div> <div>6:50pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>9:30pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>12:25am</div> <div>12:55am</div> <div>1:25am</div>	<div>The Planet's Funniest Animals</div> <div>Totally Bonkers</div> <div>Who's Doing the Dishes?</div> <div>Emmerdale</div> <div>You've Been Framed!</div> <div>The Ellen DeGeneres Show</div> <div>The Bachelor</div> <div>Emmerdale</div> <div>You've Been Framed!</div> <div>The Ellen DeGeneres Show</div> <div>The Jeremy Kyle Show</div> <div>Judge Rinder</div> <div>Take Me Out</div> <div>You've Been Framed!</div> <div>You've Been Framed!</div> <div>Two and a Half Men</div> <div>Two and a Half Men</div> <div>Hell's Kitchen</div> <div>Hell's Kitchen</div> <div>Family Guy</div> <div>Family Guy</div> <div>Family Guy</div> <div>American Dad!</div>	<div>7:50am</div> <div>8:55am</div> <div>10:00am</div> <div>10:25am</div> <div>10:50am</div> <div>11:20am</div> <div>1:35pm</div> <div>2:35pm</div> <div>3:40pm</div> <div>4:15pm</div> <div>4:50pm</div> <div>5:20pm</div> <div>5:55pm</div> <div>6:25pm</div> <div>6:55pm</div> <div>8:00pm</div> <div>9:00pm</div> <div>11:00pm</div> <div>12:20am</div> <div>1:45am</div> <div>3:25am</div> <div>3:30am</div>	<div>Heartbeat</div> <div>The Royal</div> <div>Judge Judy</div> <div>Judge Judy</div> <div>Judge Judy</div> <div>Inspector Morse</div> <div>The Royal</div> <div>Heartbeat</div> <div>Coronation Street</div> <div>Coronation Street</div> <div>On the Buses</div> <div>On the Buses</div> <div>You're Only Young</div> <div>Twice</div> <div>Rising Damp</div> <div>Heartbeat</div> <div>Murder, She Wrote</div> <div>Endeavour</div> <div>The Street</div> <div>The Street</div> <div><i>Stan, a dedicated warehouse foreman, is doing his best to ignore his looming retirement.</i></div> <div>The Suspicions of Mr Whicher</div> <div>ITV3 Nightscreen</div> <div><i>Text-based information service.</i></div> <div>Teleshopping</div> <div>Shopping from home.</div>	<div>7:50am</div> <div>8:10am</div> <div>8:30am</div> <div>9:30am</div> <div>10:30am</div> <div>11:35am</div> <div>12:40pm</div> <div>1:50pm</div> <div>2:50pm</div> <div>3:55pm</div> <div>5:00pm</div> <div>6:00pm</div> <div>7:05pm</div> <div>7:35pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>12:00am</div> <div>1:00am</div> <div>2:00am</div> <div>3:05am</div> <div>4:00am</div>	<div>Pawn Stars</div> <div>Pawn Stars</div> <div>Ironsides</div> <div>Quincy, M.E.</div> <div>Minder</div> <div>The Saint</div> <div>The Avengers</div> <div>Ironsides</div> <div>Quincy, M.E.</div> <div>Minder</div> <div>The Saint</div> <div>The Avengers</div> <div>Storage Wars Texas</div> <div>Storage Wars Texas</div> <div>Pawn Stars</div> <div>Pawn Stars</div> <div>River Monsters</div> <div>The Motorbike Show</div> <div>The Americans</div> <div>Lethal Weapon</div> <div>The Big Fish Off</div> <div>Minder</div> <div>Bear Grylls: Mission Survive</div> <div><i>Celebrities face a survival mission in the South African bush.</i></div> <div>Teleshopping</div> <div>Shopping from home.</div>	<div>12:15pm</div> <div>2:05pm</div> <div>4:05pm</div> <div>6:00pm</div> <div>8:00pm</div> <div>10:00pm</div> <div>12:00am</div>	<div>Once Upon a Time in Mexico</div> <div>Ghost in the Shell</div> <div>In a Valley of Violence</div> <div>Pele: Birth of a Legend</div> <div>Behind Enemy Lines</div> <div>Ghost in the Shell</div> <div>In a Valley of Violence</div>	<div>7:40am</div> <div>9:30am</div> <div>11:45am</div> <div>1:30pm</div> <div>3:20pm</div> <div>5:15pm</div> <div>7:30pm</div> <div>9:00pm</div> <div>10:45pm</div> <div>12:30am</div> <div>2:50am</div>	<div>Forces of Nature</div> <div>Bridesmaids</div> <div>Snatched</div> <div>Ferris Bueller's Day Off</div> <div>Get Him to the Greek</div> <div>Spanglish</div> <div>The Naked Gun 2 1/2: The Smell of Fear</div> <div>Ferris Bueller's Day Off</div> <div>Snatched</div> <div>Spanglish</div> <div>Get Him to the Greek</div>	<div>7:00am</div> <div>7:15am</div> <div>9:15am</div> <div>11:25am</div> <div>1:05pm</div> <div>3:00pm</div> <div>3:30pm</div> <div>5:20pm</div> <div>7:20pm</div> <div>9:00pm</div> <div>10:50pm</div> <div>12:55am</div> <div>3:05am</div> <div>4:40am</div>	<div>Top Ten Show, the 2018</div> <div>Maudie</div> <div>Rough Stuff</div> <div>The Emoji Movie</div> <div><i>Struggling to find his inner meh, multi-expressional livewire Gene embarks on a daring app-venture.</i></div> <div>The Free World</div> <div>Special</div> <div>The Hurricane Heist</div> <div>Maudie</div> <div>The Emoji Movie</div> <div>The Hurricane Heist</div> <div><i>Full-throttle thriller about a team of hackers using a devastating hurricane as cover to steal millions.</i></div> <div>Shin Godzilla</div> <div>Rough Stuff</div> <div>Double Date</div> <div><i>It all seems too good to be true when shy virgin Jim and best mate Alex hit it off with a pair of beautiful sisters.</i></div> <div>The Hurricane Heist</div>	<div>9:00am</div> <div>9:30am</div> <div>10:00am</div> <div>10:30am</div> <div>11:00am</div> <div>11:30am</div> <div>12:00pm</div> <div>12:30pm</div> <div>1:00pm</div> <div>2:00pm</div> <div>3:00pm</div> <div>3:30pm</div> <div>4:00pm</div> <div>4:30pm</div> <div>5:00pm</div> <div>5:30pm</div> <div>6:00pm</div> <div>6:30pm</div> <div>7:00pm</div> <div>7:30pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>11:00pm</div> <div>12:00am</div> <div>1:00am</div>	<div>Football's Greatest</div> <div>Football's Greatest Teams</div> <div>Scottish Cup</div> <div>Greatest Games</div> <div>La Liga Greatest Games</div> <div>Revista de la Liga</div> <div>La Liga World</div> <div>One2eleven</div> <div>SPFL Greatest Games</div> <div>Eredivisie</div> <div>La Liga Icons</div> <div>Revista de la Liga</div> <div>La Liga World</div> <div>Football's Greatest</div> <div>Football's Greatest Teams</div> <div>Scottish Cup</div> <div>Greatest Games</div> <div>La Liga Greatest Games</div> <div>Football Years</div> <div>Football</div> <div>Countdowns</div> <div>Revista de la Liga</div> <div>La Liga World</div> <div>Football's Greatest</div> <div>Football</div> <div>The Debate - Live</div> <div>Eredivisie</div> <div>La Liga Icons</div>

|| The schedules for the television programme pages are provided by an external company: we regret that any changes or errors are not the responsibility of Euro Weekly News.



TV COUCH CRITIC

by Adam Whalley-Lewis

FANS of *Saturday Night Take Away*, *Saturday ITV* might have wondered how the show would feel with Dec flying solo for the final programmes. The show is after all Ant & Dec's Take Away and we all know that the Two Ronnies wouldn't have been the same with just one pair of enormous black rimmed glasses.

So, the big question was something like 'will Dec cope without Ant'? Answer, Yes. There were the predictable mutterings in some of the Sunday newspapers about Dec's body language showing he was nervous and him speaking more quickly than usual, but I didn't notice any problems. Of course there was an Ant-shaped gap for most of the show, but it lost none of the energy and bounce fans tune in for.

The penultimate show was packed with a gaggle of stars including Davina McCall and Paloma Faith and didn't Paloma look stunning in red leather? The 'This Time Next Year' segment featured Davina wearing enormous white boats, rather than shoes and a lovely Mum who was poorly on Mother's Day weekend so was surprised by her children last Saturday.

Her son Paul sang with the Jersey Boys, daughter Katie conquered her fear of flying

A take away on Saturday evening, a fondue set and a cuddly toy



JOB WELL DONE: Dec flies solo for the first time.

with some therapy and a packet of hob-nobs (who knew?) and second son Craig sat so far away from Davina on the sofa I think they must have had competing aftershave and perfume on - clearly someone was worried about them getting too close. Oh and Craig introduced Mum's half-sister who nobody had seen for 30 years.

Cilla would have been proud. The final Take

Away of the current run is on ITV on April 7.

In TV news this week, Ben Fogle claims he was sacked from Countryfile because he sounded too posh. Well, the sacking was in 2009 and I don't think him sounding too posh was the real issue, do you? The Island with that Bear bloke is back and social media went into meltdown when the contestants were split into two groups according to their income.

The 'rich' team didn't want to engage with the 'not so rich' team - I didn't want to engage with any of them to be honest. Picture you knowing you are on a TV show, on an island and your outfit of choice is a black bikini top under a wet, white t-shirt and you are half way there. Oh, and the Have I Got News for You team are ramping up for yet another series of this never-ending show by claiming female politicians are not robust enough to host the show. Bull, red rag, you do the maths.

Another duo in the form of Mel and Sue have brought *The Generation Game* back to BBC1 on Sunday evenings, albeit for a very short run. I'm not sure what some people were expecting, but a show born and raised in the 1970's was always going to look just a little bit naff in 2018 and rely on some canned laughter. We still have the conveyor belt of prizes and if you are old enough to remember Sir Bruce and the cuddly toy, you probably weren't disappointed.

Finally this week, BBC TV is covering the 21st Commonwealth Games until April 15. If the opening ceremony was anything to go by, we are in for a sporting treat. *Happy viewing.*



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Advertising Feature

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EXOTIC: Part of the colourful Albiplant collection.



you take care of it they'll be there at every step of the way.

Nearly everyone you know has a garden, whatever the size, so why not consider a garden-related gift for a member of your family, friends or neighbours? Once again, you tell them what ideas you have and Albi-

plant will help you find the right gift. If you're still not sure, then there are a wide range of gift vouchers available to suit all budgets.

And for the more and more people that are caring for the environment on a daily basis and are looking for ecological ways to look after your

plants, Albiplant can advise here as well.

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and regulations dealing with the international trade of such products.

The Garden Centre, situated on Carretera 332 at Km153 in l'Alfas del Pi 03580 is open Monday to Saturday from 9am to 8pm. For more information call 966 868 080 or visit www.albiplant.com.

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The yolk's on us says sharp eyed reader

RELUCTANT as I am to suggest that there is egg on Leapy's face, BUT 'the yolk's on him'!

Please would someone kindly tell him (or the beleaguered proof reader) that yolk is 'the yellow part of an egg that nourishes the young before it hatches'?

Methinks he means yoke, 'a wooden crosspiece fastened over the necks of two oxen and attached to a plough or wagon,' ie a symbol of oppression.

However, 'the yolk of fascism' does conjure up surreal images - in the style of Monty Python - of a bizarre episode of Celebrity Master Chef, with Mussolini et al, competing in a pancake tossing competition.

I could go on but I do not want to over egg the pudding!

A sad typo loving person who really should get out more...

Rae McLucas, Cabopino

Brexit is final live with it

DAVID WORBOYS says in his letter (*Issue 1707*) 'what we all know is that a majority in the UK now favour Remain.' He sounds very sure of this, so perhaps he could tell us where he gets his information.

Only last Friday the result of a substantial poll by BMG Research showed that 57 per cent agreed with the following statement 'The government should get on with implementing the result of the refer-



Credit: David Davis Twitter

BREXIT: Theresa May and David Davis getting on with it.

endum to take Britain out of the EU.' Only 22 per cent disagreed

with this statement.

Jenna Baker, Arroyo Cauche

Very cross

THE letter published in the 1708 edition from Edmund Taylor has made mine

and everyone else's blood boil.

You sir are an ignorant pompous man.

Animals cannot help themselves. Humanity can, but chooses not to. They

would rather take their frustration out on defenceless animals or eat them.

You had better hope I never meet you or it will be one injection time for you.

Trisha, Almeria

Water resource

WE have had a lot of recent rainfall so the water levels in reservoirs, rivers and such are not too bad but come early

HAVE YOUR SAY

All letters by email or post should carry the writer's address, NIE and contact number though only the name and town will be published.

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: www.euroweeklynnews.com.

Airports to reduce price of water

Nice to see someone is doing something about the ridiculous price of water in airports. Let's hope other countries follow, especially France where a 50cc bottle will cost you 3.65€ unless you can reach to the top shelf of the self serves and get the 'discounted' water at 2.50€ at CDG. The airport does have the odd drinking fountain where you could fill an empty bottle, but how many people carry an empty bottle!

Saya Sendiri

Give us water fountains then we can fill them before we board. Simple.

Elizabeth Bennett

In Dublin airport it is piled high in the corridor just past security with an honesty box for €1 beside it. I've watched and never seen anyone take them for free.

Jackie Fitzgerald

Hopefully airports in England will also do the same as I don't think it's exclusive to Spain.

Mark Rainey

'Drunk' Brit held after stealing lorry

Luckily the VAST MAJORITY of us are decent people who

Comments from EWN online

just want to enjoy this lovely country. This man has NOTHING to do with me!

Anne Whitfield

Thank goodness he didn't kill anyone. I hope he gets charged.

Ann Rudkin

Lucky it was a car he drove into and not people. Should lock him up and throw away the key.

Coral Simpson Tasker

Cyclists - know the law in Spain

Maybe cyclists using the public roads should be made to take a test as I've never seen one that adheres to rules. Or make it simple and introduce a few classes in schools at the age of 16 (as I wouldn't let anyone under that age ride a bike on the road).

Jennifer Knowles

I ride a bike regularly on the roads here and I see motorists breaking the law especially using mobiles and have no respect for the laws about passing cyclists. I too drive a car and a motorbike and adhere to the laws.

Peter Anthony Boland

They ride all over the road, cycle across the crossings, pull out and never stop at crossings. One just missed my husband down by the beach front.

Christine Thomas

One dead in bull-running festival

Stupid tradition and what is probably worse is that the bull is killed afterwards! Sorry for family, but do wish they stopped this.

Sian Foster

It's time to stop these stupid events. People are dying because they are too drunk even to walk.

Fran Ramirez

It may be a tradition set up many moons ago, but in this day and age when I feel strongly against cruelty to animals there is no place for this particular tradition or bull fighting.

Gillian Evans

May to early October, we have hardly any rain and they again become depleted, and this is a time when farming and tourism (and evaporation) uses most of the water.

Is it not time to build some desalination plants around the coast so we do not have to keep our eyes on falling stocks of water every summer? It is in and near coastal areas that a greater part of the population lives, so the fresh water would be where it is needed.

Michael Hill, Torre del Mar

Gimme shelter

THROUGH the column of your esteemed newspaper I would like to draw attention to the concerned authorities that there is need of a bus shelter and bench for tourists at C/Gerona in front of Hotel sol Pelconos Benidorm.

The spot has been identified and functional for tourists in Benidorm. The tourist bus arrives every one hour and 15 minutes for a tour of Benidorm.

The said bus stop without bench and shed has and is causing lot of inconvenience to adults/old age people, mostly tourists.

Furhat Subla, Benidorm

Vexogram

MY wife Christine and I were Page 1 Pinups on *Issue 1355* in 2011. The headline was 'Pickpocket trickster ruins couple's day.'

We were in Spain recently for one of our regular visits to our holiday home near Vera, when your *Issue 1705* took a leaf out of that pickpocket's leaf and also ruined my day! I noticed that the Hexogram puzzle had disappeared from your puzzle page and it's not returned!

Please bring it back! I'll be over again in late May for a few weeks and will look for it! Please don't let me and many other readers down... bring it back and leave it back!

Rex Martin, Vera

Editor's note

Rex, thank you for your observation. Unfortunately, the size of any free paper is dictated by the number of adverts received which means that some weeks editions are thicker than others. This therefore means that the puzzles section can be either two or four pages. When four pages, there is a Hexogram puzzle and when two it is dropped.

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MADDOCKS' VIEW ON LIFE



'IT'S GOT NOTHING TO DO WITH THE WEATHER -
HE'S ONE OF THOSE DIPLOMATS EXPELLED FROM RUSSIA!'

YOUR STARS FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

You are about to tackle some tough tests. Work and personal hurdles could preoccupy you, but after the weekend you'll be able to sort out the ice from the cream. No matter how awkward things seem on Monday or Wednesday, trust your ability to wait for the right moment, rather than risk spoiling your plans.



LEO
(July 24 - August 23)

This is an intense week, and if you get stuck with a particular issue, jumble your words, or just can't seem to do anything right, it might be worth finding out if the grass is greener on the other side.



PISCES
(February 20 - March 20)

Feisty Mars and the fiery Sun are warring with changeable Pluto, so avoid any tearaway temptations on Thursday or Friday. You could be emotionally vulnerable, or even lulled into a false sense of security. However confusing the planets may seem, even out the odds as best you can by ensuring your worries take second place.



VIRGO
(August 24 - September 23)

Quirky planetary niggles will surface without warning. A variety of talks, news and last-minute changes surround your family members, friends or colleagues. No matter what affects your personal or occupational activities, stay focused, decide what your goals are and, just as importantly, find the easiest way to move forward without losing your healing sense of humour.



ARIES
(March 21 - April 20)

Hassles and battles are on the cards. If things don't happen as fast as you'd expected, or domestic and workaday blips assail your patience, transform them into an opportunity to show your special qualities. Potent planetary influences urge you to look, listen, learn and refuse to allow petty stumbling blocks to undermine your confidence on Tuesday and Thursday.



LIBRA
(September 24 - October 23)

Even the best-made plans can suddenly sink without a trace. Your dreams for a fresh start in one particular direction still need tender, cautious care, and you may equally need to be wary of overstepping the mark where money's concerned.



TAURUS
(April 21 - May 21)

Astrologically, it's not unreasonable to assume that when sparky Mars and the zesty Sun conflict with restless Pluto, life could become a tad frustrating. You might find it hard to tolerate hypocrisy and setbacks, but fortunately, it's all just a passing cloud. Regardless of any lack of continuity, concentrate on keeping going and prepare for next week's brighter outlook.



SCORPIO
(October 24 - November 22)

You will need bucketloads of humour and understanding as impatient Mars and the sprightly Sun engage with touchy Pluto. Stay well clear if you want to escape potential power struggles.



GEMINI
(May 22 - June 21)

Punchy Mars and the heady Sun are set for a scramble with touchy Pluto. You've been there before, so despite any administrative bumps, gossip whirls or curious rejections, don't be too sensitive. Add up what you've achieved, subtract your fears and keep your emotions under control.



SAGITTARIUS
(November 23 - December 21)

If you suspect that some things are not what they seem, you could be right. Repel doubts, ban anxieties and stick to facts and tact. If certain individuals or situations continue to conspire against you, change course and do something entirely different. What goes around will come around quicker than you think.



CANCER
(June 22 - July 23)

Upfront Mars and the upbeat Sun will be at loggerheads with powerful Pluto. You might not



CAPRICORN
(December 22 - January 20)

Storms in tea-cups need loads of sweet-talking. Of course, if you can't be bothered with it all, fair enough; keeping quiet could be the best way to deal with problems, glitches or sudden backfires. If you can't take a break, at least chill out with whatever or whoever brings you the greatest pleasure.

Trivia from around the world

*** The Green Zone or Tornio Golf Club has nine holes in Sweden and the other nine in Finland.

*** Anywhere between 30 and 40 per cent of Mongolia's population is nomadic, with families moving around the country with their livestock to seek the best conditions at a given time.

*** Bolivia, not Brazil, is the world's leading exporter of Brazil nuts.

*** The Democratic Republic of the Congo hosts the world's largest United Nations peace-keeping mission, consisting of around 21,000 soldiers from about 50 countries.

*** Around 70 per cent of all university graduates in the United Arab Emirates are women, who also fill about two thirds of all government jobs.

*** Russia, Greenland, Canada, the USA, Norway, Iceland, Sweden and Finland



MORE MOBILES: Many Africans can access a mobile phone easier than paved roads or piped water.

DID YOU KNOW?

Around 93 per cent of Africans have access to a mobile phone, but less than one in three have proper drainage systems. The lead author of the report which compiled the data said many used their mobiles while not having electricity at home.

all have territory in the Arctic, Arctic Council along with which they govern through the Denmark.

Women's wit

'The world is put back by the death of everyone who has to sacrifice the development of his or her peculiar gifts to conventionality.'

Florence Nightingale, nurse

Famous quote

'What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.'

Bob Dylan, musician



World of English

'Pilgarlic - A bald-headed man or a person regarded with mild contempt.'

LOTTERY

UK NATIONAL LOTTERY



Saturday March 31

(6) (8)
(20) (26)
(35) (36)

BONUS BALL
(39)

IRISH LOTTO



Saturday March 31

(1) (2)
(17) (19)
(38) (47)

BONUS BALL
(13)

EURO MILLIONS



Tuesday March 27

(17) (20)
(23) (40)
(46)

LUCKY STARS
(9) (10)

EL MILLON: ZXL35128

Friday March 30

(12) (17)
(28) (35)
(47)

LUCKY STARS
(7) (11)

LA PRIMITIVA



Thursday March 29

(2) (15)
(17) (19)
(26) (38)

REINTEGRO
(33) (3)

JOKER: 744 825

Saturday March 31

(14) (22)
(24) (26)
(31) (41)

REINTEGRO
(39) (6)

JOKER: 6 166 394

EL GORDO DE LA PRIMITIVA



Sunday April 1

(3) (27)
(30) (38)
(53)

REINTEGRO
(7)

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Cryptic

Across

- 1 A model you can't miss (6)
4 Expel shoplifter finally discovered in store (6)
9 Trains with a different skilled worker (7)
10 Explicit about king in play (5)
11 Renown for Football Association and yours truly (4)
12 Leap made by old king around Fools' Day (8)
14 Exclusive portion of ice-cream? (5)
16 Some mix up about love for elk (5)
20 The Spanish notice changes of appointment (8)
21 Skilful Latin in Lincoln (4)
24 Prevent Ted returning to meet the Queen (5)
25 I get a pound after an argument about space (7)
26 Not as light as the remodelled red ark (6)
27 Customer with legal right to appear in court (6)

Down

- 1 Stick with a Scottish island (6)
2 Add 'em up quickly to get a kind of pole (5)
3 Please, end with simplicity (4)
5 Get Oscar to change the French delicacy (8)
6 Plenty follow old church cats (7)
7 Jack has to fetch Mark (6)
8 Require sound massage (5)
13 Dreamy music is a night scene on canvas (8)
15 God involved a rector (7)
17 Repaired first of machines, then finished (6)

- 18 Police chase ends in the wood (5)
19 French water added to auction item, red wine (6)
22 Trees, we hear, that will cover billiard table (5)
23 Initially family approval is likely to go wrong (4)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 10 represents V and 20 represents J, so fill in V every time the figure 10 appears and J every time the figure 20 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.

14	21	21	26	12	8	16		18	1	12	25	25	14	21
17		6		11		7		24		16		14		5
13	14	24	2	16	22	21	16	7		16	26	12	1	9
19		22		17		1		16		24		23		14
20	12	10	V	21	14	22	5	8	12	1	9	12	18	21
12		17		10		5				21				16
26	22	13	19	21	9	21	16	7		9	24	2	25	16
		12				16		1				24		
16	12	14	16	12		16	21	12	16	3	21	14	14	16
25				7				9		12		7		17
21	15	12	14	7	21	9		21	12	1	14	22	21	1
13		14		21		24		16		11		7		13
22	9	22	17	2		13	17	2	25	17	16	24	1	21
21		11		25		3		12		24		9		1
16	26	22	4	7	14	8		5	24	1	16	21	1	8

1	2	3	4	5	6	7	8	9	10	V	11	12	13
14	15	16	17	18	19	20	J	21	22	23	24	25	26

Quick

1				2		3				4
5		6				7		8		
9					10					
				11						
12							13			
						14				
15						16				17
				18						

Across

- 1 Failure to notice (9)
5 Thigh bone (5)
7 Private instructor (5)
9 Sound in mind (4)
10 Proceed slowly (6)
12 Address of a religious nature, usually during a church service (6)
13 Young horse (4)
15 Give out (5)
16 Malicious burning to destroy property (5)
18 Aroused to impatience or anger (9)

Down

- 1 See 17
2 Separate into lots or classes (4)
3 Rich cake (6)
4 Make right (7)
6 Inferior dog or one of mixed breed (7)
8 Tiresomely long (7)
9 Provide with nourishment (7)
11 Licensed medical practitioner (6)
14 Quick (4)
17/1 Fall asleep (3,3)

English - Spanish

The clues are mixed, some clues are in Spanish and some are in English.

	1		2		3		4		5		6
7							8				
9					10						
11	12							13			
							14				
15			16			17			18		
					19						
20									21	22	
23							24				

Across

- 7 Shoulder (anatomy) (6)
8 Kind (nice) (6)
9 Chiste (4)
10 Collar (joyería) (8)
11 Aquarium (7)
13 To believe (have faith) (5)
15 Fine (legal) (5)
17 Monstruo (7)
20 Dormitorios (8)
21 Kiss (4)
23 Flour (6)
24 Subibaja (6)

Down

- 1 Silly (person) (4)
2 Grandmother (6)
3 Uña de pie (7)
4 Partido (deporte) (5)
5 To dance (6)
6 Ojo morado (5,3)
12 Chops (culinary) (8)
14 Tener (poseer, disponer de) (7)
16 Nabo (6)
18 Envelopes (for letters) (6)
19 Real (de la realeza) (5)
22 Palmada (4)

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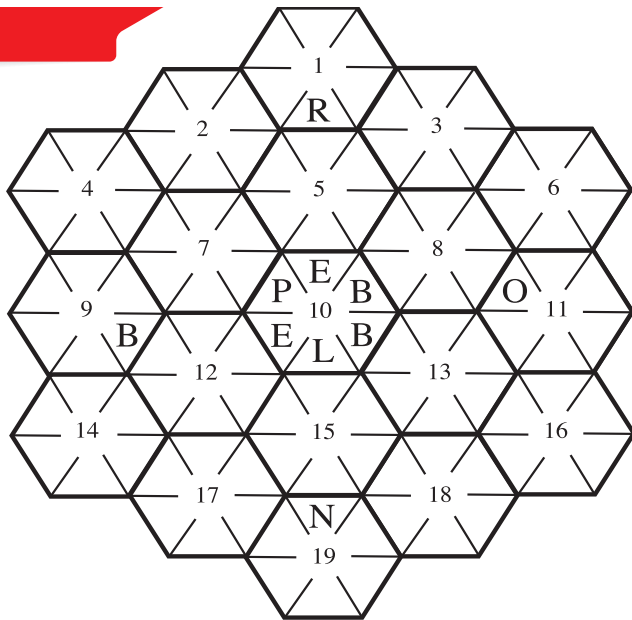
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Hexagram

ABDUCT
BOUNTY
COMPLY
EMBRYO
EROTIC
ESCHEW
FLABBY
FLAUNT
FOIBLE
FRUGAL
INSULT
MEMOIR
MYRTLE
ORACLE
PAYOUT
PEBBLE (10)
SULLEN
TOWHEE
WOBBLE



The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells. The letters at the edges of interlocking cells **MUST BE THE SAME**. The letters in the words must be written **CLOCKWISE**. The word in cell **10 (PEBBLE)** and one letter in four other cells are given as clues.

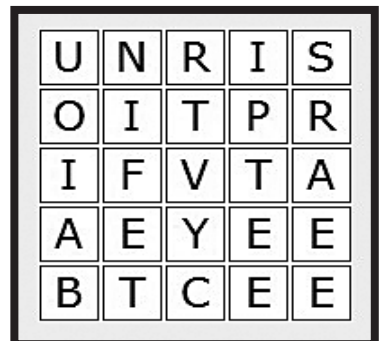
LAST WEEK'S SOLUTION

1 Oblong 2 Tonsil 3 Ocular 4 Chancy
5 Breast 6 Fickle 7 Stucco 8 Squeak
9 Creaky 10 Taught 11 Citrus 12 Crutch
13 Quahog 14 Expect 15 Psycho
16 Aviary 17 Apathy 18 Sphinx
19 Harass.

Boggled

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.



TARGET:

- Average: 22
- Very good: 44
- Good: 30
- Excellent: 57

SCORING:

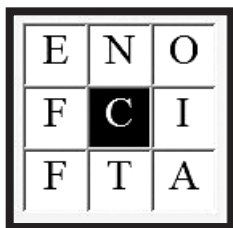
4 letters: 1 point 7 letters: 5 points
5 letters: 2 points 8 or more letters: 11 points
6 letters: 3 points

LAST WEEK'S SOLUTION

jots berm berth bows bots bout bouts
swob swot swum statute statue state
stow stout stem stet steep step weber
outs hews herb hots hottie home huts
twos tats tattie tows tout tome tuttee
teem teeth teehee tepee mojo mows
mote motet moue mutt mutts mutate
mute meet meth metre meets mete
moth mother thew thews therm thou
tote totem atom tuts emote ether other
item pets pitta pita tether tother

Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word **MUST CONTAIN THE CENTRE LETTER (in this case C)** and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

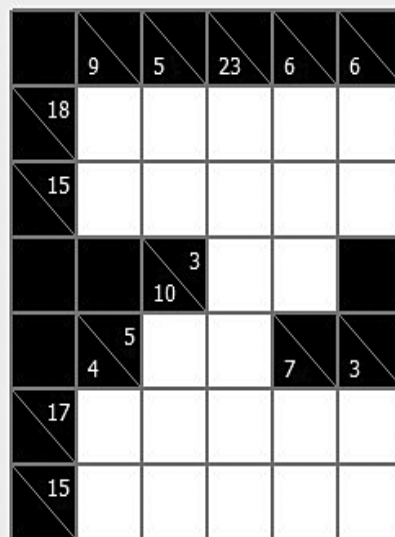
- Average: 9
- Good: 12
- Very good: 17
- Excellent: 22

LAST WEEK'S SOLUTION

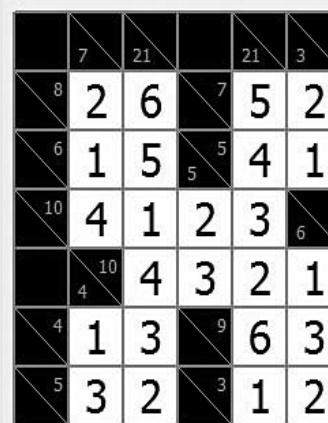
cere cert ever peer peri pert pier rete rice ripe rite
rive tier tire tree trip veer vert citer creep crepe
crept eerie erect evert peter price recti reeve retie
revet rivet terce trice tripe viper pierce privet
recipe recite tierce receipt perceive RECEPTIVE

Kakuro

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.



LAST WEEK'S SOLUTION



LAST WEEK'S SOLUTIONS

QUICK

Across:

1 Robust, 4 Gale, 8 Scare,
9 Shout, 10 Mouth organ,
13 Laboratory, 17 Crave,
18 Ruddy, 19 Shed,
20 Odious.

Down:

1 Rash, 2 Beano,
3/18 See red, 5 Among,
6 Extend, 7 Escort, 11 Tureen,
12 Slacks, 14 Brave,
15 Rodeo, 16 Eyes.

CODE BREAKER

1	F	2	Q	3	I	4	U	5	R	6	M	7	B	8	L	9	W	10	Y	11	X	12	O	13	K
14	J	15	D	16	N	17	V	18	Z	19	T	20	P	21	H	22	C	23	S	24	E	25	A	26	G

CRYPTIC

Across:

1 Pledge, 4 Mousse, 9 Antonym, 10 Drill,
11 Stave, 12 Serious, 13 Feeble, 15 Status,
18 Scamper, 20 Basis, 23 Equip,
24 Preside, 25 Scenic, 26 Mullet.

Down:

1 Pears, 2 Extra, 3 Genteel, 5 Order,
6 Spin out, 7 Enlists, 8 Amuse, 13 Fosters,
14 Erasure, 16 Tableau, 17 Gripe,
19 Pepsi, 21 Skill, 22 Smelt.

ENGLISH-SPANISH

Across:

1 Sábado, 4 Espada, 9 Becerra, 10 Agree,
11 Otoño, 12 Esgrima, 13 Aerial,
15 Sphere, 18 Heating, 20 Elas, 23 Muela,
24 Aliento, 25 Duster, 26 Hornet.

Down:

1 Sabio, 2 Bicho, 3 Derrota, 5 Slang,
6 Airline, 7 Average, 8 Baker, 13 Ashamed,
14 Readers, 16 Prefijo, 17 Igual,
19 Image, 21 Linen, 22 Short.

App of the week



Magnus Trainer

An app designed to train users in the art of playing chess. It is crafted by chess and game design experts and is geared towards players of all levels. It features a series of mini games and new updates come every week.

QUIZ: SLEEPY HEADS

Answers:

- Eric Coates' By the Sleepy Lagoon is the theme tune to which long-running BBC Radio 4 programme, which has been hosted by Kirsty Young since 2006?
- First screened on Christmas Day 2003, Sleepless in Peckham was the title of the final episode of which popular BBC sitcom?
- From which 1945 Rodgers and Hammerstein musical does the song When the Children Are Asleep come?
- The American handed Leamas another cup of coffee and said, 'Why don't you go back and sleep? We can ring you if he shows up.' are the opening lines of which novel by John le Carré, first published in 1963?
- The Sleeping Beauty, The Nutcracker and Swan Lake are all ballets written by which Russian composer?
- The title character of which of William Shakespeare's plays speaks the line: "To sleep! perchance to dream; ay, there's the rub"?

- The tropical disease commonly known as 'sleeping sickness' is caused by parasitic protozoans (trypanosomes) that are transmitted by the bite of which bloodsucking insect?
- What was the name of the private detective played by actor Humphrey Bogart in the 1946 film version of Raymond Chandler's The Big Sleep?
- Which 19th century American author wrote the short story The Legend of Sleepy Hollow, first published in 1820?
- Which British pop group topped the UK singles charts in 1982 with The Lion Sleeps Tonight?

Not a lot of people know that... in general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising sporadically or right before going to bed will make falling asleep more difficult.

- DESERT ISLAND DISCS. 2. ONLY FOOLS AND HORSES (there was another episode, but it was only a Sport Relief special in March 2014).
- CAROUSEL. 4. THE SPY WHO CAME IN FROM THE COLD. 5. PYOTR ILYCH TCHAIKOVSKY. 6. HAMLET - it is part of his To be or not to be speech. 7. TISE FLY. 8. PHILIP MARLOWE. 9. WASHINGTON IRVING. 10. TIGHTFIT

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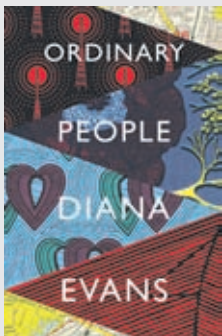
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TIME OUT

BOOKS



Times
are
changing

SOUTH LONDON in the year 2008. Barack Obama has won a historic election victory in the US but two couples in England find their lives strained close to breaking point.

Melissa and Michael have welcomed a new baby into the world but are finding it hard to adapt. She is scared of losing her identity while he struggles with whether or not to stay faithful to the relationship.

Stephanie and Damien are happily married with three children, but the recent death of Damien's father has brought on an existential crisis leading him to question his life.

Diana Evan's Ordinary People is a study of identity, parenthood, sex, grief, friendship and ageing. It looks at love through the lens of crisis.

books@euroweeklynnews.com

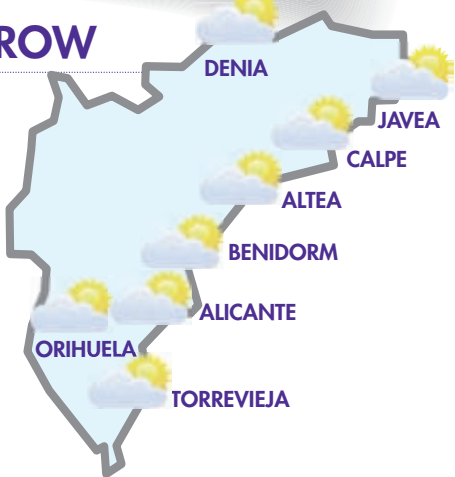
Costa Blanca

weather

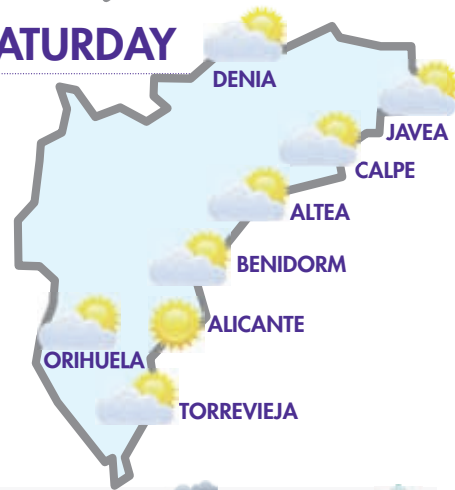
TODAY



TOMORROW



SATURDAY



Malaga
Today: Max 21, Min 12-Cl
Fri - 22 12 - Cl
Sat - 20 11 - Sh
Sun - 18 10 - Sh
Mon - 19 10 - C
Tues - 20 10 - Sh
Wed - 18 11 - C

Almeria
Today: Max 23, Min 15-S
Fri - 24 15 - C
Sat - 21 14 - C
Sun - 19 11 - C
Mon - 20 12 - S
Tues - 19 13 - S
Wed - 18 12 - C

Bilbao
Today: Max 21, Min 12-C
Fri - 24 13 - C
Sat - 22 12 - Sh
Sun - 15 9 - Sh
Mon - 19 9 - Cl
Tues - 19 9 - Sh
Wed - 17 9 - Sh

Madrid
Today: Max 20, Min 6 - C
Fri - 23 9 - C
Sat - 19 7 - Sh
Sun - 14 5 - Sh
Mon - 16 6 - C
Tues - 16 6 - Sh
Wed - 15 6 - Sh

Alicante
Today: Max 20, Min 12-Cl
Fri - 21 13 - C
Sat - 22 14 - C
Sun - 21 11 - C
Mon - 20 12 - Cl
Tues - 20 12 - C
Wed - 20 12 - C

Benidorm
Today: Max 21, Min 12-S
Fri - 21 13 - Cl
Sat - 21 13 - Cl
Sun - 20 11 - Sh
Mon - 20 12 - S
Tues - 19 13 - Cl
Wed - 19 13 - Cl

Mallorca
Today: Max 20, Min 9-S
Fri - 20 11 - C
Sat - 21 12 - C
Sun - 18 10 - Sh
Mon - 19 11 - S
Tues - 19 11 - C
Wed - 18 11 - S

Barcelona
Today: Max 16, Min 8 - S
Fri - 17 10 - C
Sat - 17 12 - C
Sun - 16 9 - Sh
Mon - 17 10 - S
Tues - 17 10 - S
Wed - 17 10 - Cl

S: Sun ☀ Cl: Clear ☁ C: Cloudy ☁ Sh: Showers ☁ Th: Thunder ⚡ Sn: Snow ❄

Euro Weekly News strives for accuracy, but cannot be held responsible for any errors in published forecasts

BIRTHDAYS

Pharrell Williams, Singer; April 5, 45

Williams was nominated for an Oscar after writing the hit song Happy for the film Despicable Me 2. He also won a Grammy Award with Ludacris in 2007 for Money Maker, in the Best Rap Song category. He was born in Virginia Beach in the US and played in his high school band.

Zach Braff, Actor; April 6, 43

The star of Scrubs is also known for his role in the crowd funded film Wish I Was Here in 2014, which premiered at the Sundance Film Festival. The native of South Orange in the US also wrote, directed, starred in and compiled the soundtrack for Garden State.



Tim Peake.

Tim Peake, Astronaut; April 7, 46

Born in Chichester, England, Peake became the first British astronaut for the European Space Agency and the sixth born in Britain to go aboard the International Space Station in 2015.

Izzy Stradlin, Musician; April 8, 56

Stradlin, real name Jeffrey Dean Isbell, is best known as the original rhythm guitar player for American rock band Guns N' Roses. He met Axl Rose, the lead singer, at high school where they formed their first group.

Kirstin Stewart, Actor; April 9, 28

The Twilight star began her career at the age of eight in the Disney film The Thirteenth Year. She has since gone on to have roles in Clouds of Sils Maria, Zathura and

Adventureland and to win numerous Teen Choice and People's Choice awards.

Sadio Mane, Footballer; April 10, 26

The Southampton and more recently Liverpool player has represented his home country of Senegal in the 2012 Summer Olympics and the 2015 African Cup of Nations. Born in Sedhiou, he began his career with FC Mertz in 2011 before transferring to Austrian side Red Bull Salzburg in 2014.

Joss Stone, Singer; April 11, 31

Stone rose to fame when her debut album, The Soul Sessions, went multi platinum. Born in Dover, England, her record Mind, Body & Soul landed her three Grammy nominations, including one for Best New Artist.

Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

Word Ladder

BEER

Move from the start word (BEER) to the end word (CHAT) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

CHAT

CHAT
COAT
BOAT
(BEAT)
BOAR
BEAR
BEER
Solution

LAST WEEK'S SOLUTION

2	9	3	8	7	4	6	1	5
7	8	6	9	5	1	4	2	3
4	5	1	3	6	2	8	9	7
1	4	9	6	3	8	5	7	2
3	2	5	7	4	9	1	6	8
6	7	8	1	2	5	9	3	4
5	1	4	2	9	3	7	8	6
9	6	2	5	8	7	3	4	1
8	3	7	4	1	6	2	5	9

DVD

Covering up



ECCENTRIC former teacher Paul Lohman (Steve Coogan) has reluctantly agreed to go with his wife Claire (Laura Linney) to meet his politician brother Stan (Richard Gere) for dinner.

Stan, who is joined by his wife Katelyn (Rebecca Hall), soon reveals the true purpose of the outing. The couples must decide how to deal with their teenage sons who have committed a serious crime.

The four are torn between protecting their children from the consequences or exposing them in The Dinner.

This week in history

46 BC - Caesar victorious
Julius Caesar defeats rivals Caecilius Metellus Scipio and Cato the Younger at the Battle of Thapsus. Cato would commit suicide soon afterwards.

537 - Belisarius reinforced
Byzantine general Belisarius receives vital reinforcements during his Siege of Rome. He would go on to conquer the city as part of his efforts to reclaim the former Western Roman Empire.

1580 - Dover quake
An earthquake strikes the Dover Straits in the English Channel between the British Isles and France. It is believed to be one of the largest in the recorded history of England and northern France.

1689 - Monarchs crowned
William III and Mary II are crowned the joint rulers of England, Scotland and Ireland.

1792 - Bill vetoed
President of the United States George Washington blocks the passage of a bill into law, marking the first time the power is exercised.

1820 - Artwork found
The Venus de Milo statue, one of the most famous Ancient Greek sculptures, is discovered on the island of Milos in the Aegean Sea by peasant Yorgos Kentrotas.

1933 - Beer allowed
The repeal of prohibition in the United States begins, with beer no stronger than 3.2 per cent alcohol by weight legalised. The anniversary is still celebrated on National Beer Day in the US.

1998 - Peace deal
The Good Friday Agreement is signed between the British and Irish governments and political groups in both countries. It committed both sides to peacefully resolving ongoing issues in Northern Ireland.

Spanish Queen's peerless blue diamond at Noble Jewels sale

Nick Horne *The Rich Pick*

Freelance correspondent, London, England



AFTER the Wars of Spanish Succession were concluded more than 300 years ago; at Parma in Italy, Princess Elisabeth Farnese married Philip V of Spain.

While the intrigues of Europe swirled, a spectacular wedding gift was making its way from the Philippines to Madrid. Spain had issued instructions to the Governors of its colonies throughout its overseas empire that suitable wedding gifts were to be sent to Madrid.

A year later in August 1715 a fleet assembled and sailed from the island of Cuba. The Golden Fleet - 12 ships carrying a fortune in gold bullion and a casket of enormous emeralds - set sail for Europe and Spain. Unfortunately 10 days later a hurricane scattered and destroyed most of the fleet off the coast of Florida.

One vessel survived and escaped and she



THE FARNESE BLUE: A historic 6.16 carat pear-shaped fancy dark grey-blue diamond.

was carrying a pear-shaped blue diamond sent by the Governor of the Philippine Islands, a gift to the new Spanish Queen.

Blue diamonds were viewed as the ultimate royal gift, blue was identified as the colour of royalty - blue blood - and like the famous Hope and Wittelsbach diamonds the Farnese Blue was found in the Golconda mines of India, which was the sole source of

Documented by Maria Anna von Habsburg (1882-1940) Arch Duchess of Austria, the wife of Elias Bourbon, Duke of Parma (1880-1959) created a detailed inventory of the family jewels such that a record exists charting the fascinating history of these jewels. Among them the Farnese Blue.

Each May in Geneva ever since, the famed sale of the Jewels of the Duchess of Windsor, Sotheby's auction house has held the Royal and Nobel Jewels sale, this year titled 'Magnificent Jewels and Noble Jewels.'

The fascination of pedigreed 'Nobel Jewels' and their desirability remains strong. Dr Philip Herzog von Württemberg, chairman of Sotheby's Europe said: "With its incredible pedigree, the Farnese Blue ranks among the most historic diamonds in the world. From the first minute I saw the stone, I could not resist its magic and as such it is a huge privilege to have been entrusted with its sale."

The peerless Farnese Blue a 6.16 carat pear-shaped blue diamond has an estimate of €2.99 to €4.28 million. But the story is priceless.

Advertising Feature

LPL strengthening their service

AS founders of LPL we are so pleased to see our Spanish representative Greg Bryan signing an agreement with the Administrador Fincas Colegiado which represents Administrators throughout the Alicante region.

This agreement gives a fantastic cost benefit to their membership. The members are made up of the bulk of community administrators in the region and there will be a direct benefit to the hundreds of communities represented by administrators when instructing LPL by paying fees for successful collection at a reduced rate.

It also allows us to meet regularly with the membership to discuss debt related issues in the UK, Spain and throughout Europe generally.

Of course LPL are pleased to also benefit from the services offered by the Alicante AFC by way of training, marketing, ongoing trends in the market place and as well as updates on Spanish law in particular.

LPL has been proud to also be associated with Malaga AFC with whom we have enjoyed a similar relationship for a number of years. Hundreds of communities in the Malaga



SIGNING THE AGREEMENT: To further improve service to clients in Spain.

region consistently benefit from lower costs and over the years we have had the opportunity to meet many administrators and their teams to understand the problems that all communities suffer from time to time.

I hope that the same benefits will

translate to communities in the Alicante region and beyond.

Suffice to say that whilst we would all prefer there to be no community debt, it is a sad fact of life that management fee debt will continue. It is a problem not only in Spain, but LPL

are also working for communities in Portugal, Cyprus and elsewhere, the problems are no different, it is just the language that changes.

It is worth noting that property laws and government controls on property purchase in Cyprus have, up until re-

cently, been very lax indeed, allowing developers and land owners to take advantage of potential and future buyers. Obtaining high value deposits with no prospect of final build and also leaving other buyers obligated to pay high management fees on incomplete developments.

Fortunately the law is changing much along the lines of Spanish Horizontal law but if any of the readership have experienced problems in Cyprus, please let LPL know as we can put you in touch with specialist advisors who may be able to assist.

As some of you may know, LPL recently celebrated 40 years of successful collection. The recent contract signing with Alicante AFC is another milestone in our continued growth throughout Spain.

If your community has any management fee collection problems, wherever you may be situated, please do not hesitate to contact us on 0044 205 514 019, direct to Greg Bryan our representative in Spain on 0034 689 408 412 or email gbryan@lplgroup.com.

Astrology: get ready, set, go!

Sally Trotman

www.sallytrotman.com

Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.



SUN in Aries: The fiery influence of this sign throughout most of April helps you to feel motivated and inspired to reach your goals.

Be confident and bold in your approach. As Aries is the first sign of the zodiac, consider where you need to take the lead this month. Take the initiative in love, work and socially to feel confident and positive about yourself!

On April 20 the sun moves into the more earthy and steady sign of Taurus. Later in the month use this energy to make practical plans to ensure your vision stands the test of time.

Get in tune with the moon:

The new moon in Aries on the 16th of the month will help you to plant the seeds for your vision. Now is the perfect time to create a vision board (pictures from newspapers and magazines of your dreams to a cork board) and seize opportunities that present themselves to help you create your desires. Aries is a sociable sign, so make fun a priority!

On April 20 the sun moves into the more earthy and steady sign of Taurus. Later in the month use this energy to make practical plans to ensure your vision stands the test of time.

ARIES: The first sign of the zodiac.

Say yes to parties, lunches and weekends away. At the end of the month the full moon in psychic Scorpio will help you to discern what is

working for you and what needs to change in your life.

This sign of rebirth can be intense and transformative, so prepare to make changes in any area of your life which may have become a little stagnant. Graciously release the old and become open to embracing the new.

Numerology: go with the flow

Number 4: This number brings your attention to the structure of your life, your daily routines and home. Is there anything you would like to change in these areas?

This would also be a good time to add something new into your routine, perhaps taking up a new hobby, making your fitness regime more of a priority or improving your home.

Is your daily routine serving you or do you need to make some simple changes, such as getting more rest or drinking more water? Take some time this month to make lifestyle changes which will help you to feel happier and healthier.

The Emperor: assert yourself

The Emperor is represented in the tarot deck as a mature man in charge of his destiny. He represents power and

authority, whilst assuring protection and security. He also reminds you to balance your head with your heart.

Listen to your inner voice this month and blend this with practical action to help you reach your goals more quickly and easily.

Who are the influential males in your life? Consider who is an important role model to aspire to, and become the very best version of yourself.

Repeat this affirmation throughout the month to help you: I am clear, confident and calm in my approach to life.

Your 2018 forecast

Astrology, Numerology and the Tarot are ancient tools of divination which aid self-awareness. By looking at the unique numbers and planets in your date of birth, I will intuitively guide you to become clearer, calmer and more confident about your direction for the year ahead.

I offer consultations by Skype, FaceTime, WhatsApp video and email. Sessions cost £30 for 30 minutes, £40 for 45 minutes or £50 for an hour. Contact me at sally.trotman@btinternet.com to book in and visit www.sallytrotman.com for more information.

Advertising Feature

A summer experience with rewards

WHY not be a host family this summer?

For the ninth year in a row, 'Inglaterra en Casa' is organising the residential summer courses on the north Costa Blanca where students stay with host families.

It's still not too late to take part in this year's programme, so what's it all about and how can you get involved?

They are looking for native English-speaking people to host Spanish students, and will consider all types of families. You don't necessarily have to be a family with children, you might be a retired couple or even a single parent. All that is asked is that the hosts dedicate their time to helping the Spanish students improve their English language skills, and this is why they ask that only English is spoken in the host family home during the students' stay.

Debra Miller, who organises every aspect of the Spanish students' stay with the host families said: "I appreciate that it might be a daunting prospect for some families to, in effect, take on other people's children for a short time. But those that have been involved in the scheme have gained as much from the experience as the children they've warmly taken into their homes." Debra is also on-hand 24/7 should any of the host families need any help or advice while the students are staying with them.

The Spanish students stay with the host families during the period of the summer school



TOGETHER: One big happy family hosting Spanish students.



from July 1 to July 27 and held in Benissa. School hours are Monday to Friday from 9.30am to 4.50pm and the children will be picked up and brought back by bus from a number of points in the main towns all around the Costa Blanca at different times.

The host families will be responsible for getting the students to and from the bus stops and provide them with snacks and drinks to get them through the day, although lunch is supplied at the school at no cost to the family.

Saturday is a theme park day with pick-up points the same as school days, and they'll need to be provided with a packed lunch for these trips.

So, as you can see, it's just like having a child attending a normal school routine with the addition of the Saturday trip. The only real 'family' day spent with you would be a Sunday.

The 'Inglaterra en Casa' host families scheme looks to accommodate either two, three or four students in each home, depending on what is discussed and agreed with the hosts.

All that is required is for a form to be completed on the 'Inglaterra en Casa' website - www.inglaterraencasa.com/hostfamilies/ - and arrangements will be made to visit you in your home and meet you and your family. Any questions can then be answered, although all adult members of the host family must complete a police check.

LEGALLY SPEAKING

New speed radars approved for use

WE answer some common driving questions, kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



Photo credit Guardia Civil

BRAKING THE LAW: A Velolaser in situ and (inset) a close-up of the new device.

THE DGT has taken delivery of around 60 new portable speed detecting units, Velolaser, which have undergone extensive testing around the country. These devices have now been approved for use and can enter service protecting the country's roads.

The Director General of Traffic, Gregorio Serrano, announced the certification just in time for one of the most intense road planning periods, the Easter holiday.

Small enough to fit in the panniers of a motorcycle, the units can be set up in seconds, either on a tripod, a vehicle mount, or on roadside features such as crash barriers. It should be noted, despite many speculative reports to the contrary, these devices are not mounted on the motorbikes but are carried to locations where they are set up on tripods or similar mounts.

The device manufacturers say that the units obtain the best results in sensitive urban areas (zone 30, schools, parks, children's areas, etc), and thanks to their versatility they can work using vehicles available at any time, in any area,

including those places otherwise inaccessible, and, most importantly, in a minimum time.

The simple, ingenious and innovative solution provides a new way to control speed in a wide variety of situations, on both urban and interurban roads. The devices can monitor vehicles at speeds of up to 250 kilometres per hour, covering two lanes, monitoring both directions of travel, and can distinguish between different types of vehicles, knowing the difference between a car and a lorry, for example.

The units can connect over 3G or 4G telephony, or via WiFi, providing simultaneous monitoring of several devices at the same time, recording information on internal or external storage.

As well as monitoring speed, the devices are clever enough to calculate safety distances, and can operate both day and at night.

They are designed and manufactured in Spain, and come in a range of colours, although the units delivered to the DGT carry the distinctive colours and labelling of the Guardia Civil.

For more news and articles visit www.n332.es or search N332 on Facebook.

Was the election legal?

Q. We have just had our Community AGM. When it came time to elect a president, two committee members put themselves forward. Neither was formally proposed and seconded. Is this a necessary step

for the AGM? The successful candidate is a local builder and is currently tendering for work in the community. Is there 'conflict of interest' in Spain? If so, what is the solution?

S H (Costa Blanca)

A. The short answer is that you have a number of irregularities here, but nothing that invalidates the election of the president. It is not necessary for a candidate for president to be nominated in advance, although this would be the proper procedure.

David Searl
You and the Law in Spain

Yes, the concept of 'conflict of interest' exists in Spain, and it certainly seems to exist in your example. However, if the

majority of the community voters accept the situation and elect the builder as president, there is no legal reason to challenge the vote. If it later comes to light that the builder-president awards himself the contract and charges twice the going rate, then you would have a case.

I think it's a liberty!

Mike Senker
In my opinion



Views of a Grumpy Old Man

I WAS having a chat with a friend of mine and we were discussing bank charges here and I was moaning about charges that appear now and again. It's nothing monstrous but just like, in my case, I hadn't spent enough on my debit card over three months so they 'fined' me.

My friend then proceeded to tell me a horror story and asked my advice. I'm now going to tell you and I hope someone out there can let me know if this is common practice. I can't tell you the name of the bank but here's the story.

He was selling his house to buy a flat - all very simple, no mortgages involved, just straightforward payments in and out. He paid a deposit on the flat of €19,500 and the bank charged him €78 for that which is 0.4 per cent.

He then paid €379,637.82 into to the bank, a bank he has, by the way, been with for 17 years. They charged him €759.35 for paying the money IN to his own account. They then charged another €300 for him to pay €217,646.38 for his new place then another €150 for paying €37k to his lawyer. So, all in all, for making three payments and paying some money in they charged him just under

€1,288. Why? What we don't understand is the charge for paying the money in to your own account - it's horrendous. The charge for the bank transfers are also too high but I appreciate there must be some charge.

When my friend queried these charges the bank refunded €300 but said 'you should have discussed it beforehand.' I think it's a liberty. Has anyone else come across this? He was told, off the record, because interest rates are so low, the banks are instructed to get money off customers any way they can which sounds like when I used to work the markets years ago.

This then brought me on to the subject of cancelling stuff here. Some time ago I got a reminder that my house insurance was due next month - with the same bank as it happens. So I looked around to make sure I was getting the best deal and guess what - I wasn't. We decided to cancel and go with a new company.

The bank then informed us that we can't do that as we have to give three months' notice to cancel the policy! What a joke! When I asked why all I got was the usual 'it's in the terms and conditions, page 105, sub section 96, blah blah.' Anyway we cancelled it and told them to sue us if they want to. We were even told we could get blacklisted. Nothing ever happened and we are now with a new company.

columnists@euroweeklynews.com

Email me your similar experiences: mike.senker@gmail.com.

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Send your questions for David Searl through lawyers Uboda-Retana & Associates in Fuengirola at Ask@lawtaxspain.com, or call 952 667 090.

Advertising Feature

A company that cares about mobility problems

PROFESSIONALS in the sector since 2010, Total Access understands the needs of those who find it difficult to move up and down stairs and offers a solution for every problem.

Originally situated in El Albir, the company has just opened another branch in Marbella, as the two principals in the area; Carlos Arbona and Quirze Giner believe that they can assist expatriate residents in Malaga Province who have mobility problems.

The problem may be a simple difficulty in climbing due to age or an infirmity such as arthritis in which case a stair lift may be the answer, but for those who are confined to a wheelchair then an internal or external lift may be more helpful.

Even a simple ramp or adapted bath or shower could make life easier for young and old alike.

All of the material used by Total Access is imported from major manufacturers in Germany and Holland and there is a team of skilled installers on hand to ensure a speedy and professional installation for your new equipment.

Reliability is the keyword to the company's

ethic and with installation of most units can be undertaken in a single day and with all work insured, the majority of the worries that may exist with such an important decision will become things of the past.

Total Access will visit potential clients at home, review their needs and then prepare an immediate written proposal based on client wishes, taking into account any financial guidelines and in some cases, financing can be arranged.

Offering a range of different aids including stair lifts, platforms, internal lifts and even water lifts for swimming pools.

There is no doubt that Total Access can help make life much easier for those both young and old who are finding access and egress difficult.

Once an arrangement has been made and the work has been completed, so confident are the owners of Total Access in the quality of installation that they encourage customers to retain 10 per cent of the purchase price for two weeks after completion in order to give them peace of mind that in the unlikely event of any malfunction that the problem will be ad-



The two proprietors outside the EWN Media Group office.

dressed immediately.

Total Access is open Monday to Friday 9am to 7pm at C / Pau Casals 6, Local 2, 03581 El Albir (Alicante) and C/Ricardo Soriano 72, Edificio Golden Portal B 1ª planta, 29601 Marbella (Malaga).

They can be contacted by calling their Toll Free number 900 525 920 or email at info@total-access.es.

For details of the services that the company offers and to see a range of the most up to date machinery on the market, visit www.total-access.es to view their website in English or Spanish.



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www.kironilsson.com

Bladder problems? Urine luck

EMBARASSING bladder problems could be a thing of the past for thousands of women, thanks to a simple jab.

Stress urinary incontinence (SUI), which is more common in mothers and overweight women, could be treated by an injection as opposed to invasive surgery.

Studies show that eight out of 10 women have seen an improvement with the procedure, mean-

ing it could be a game changing alternative to the now banned mesh-implant operation.

Now there could be a safer, non-invasive option that involves having up to four injections of watery gel in the tissue surrounding the neck of the bladder.

The jabs, which thicken the tissue to stop urine leaking, are carried out under local anaesthetic and last just 15 minutes.



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www.royalaesthetic.com



HEALING: Herbs and spices have lots of health benefits.

Staying spicy

WHILE most people have a cupboard full of herbs and spices at home, which they will arbitrarily add to dishes and culinary experiments, they are mostly unaware of the many health benefits they possess.

However, the nutritional value is much higher when the herbs and spices are fresh and organic and haven't been sitting on a shelf for a long time. Try to grow them yourself if possible, but if you

can't, buy high quality organic products.

Most herbs and spices have antiviral and antibacterial properties and are packed with nutrients. Several are also high in b-vitamins and minerals.

Even sea salt contains more than 90 trace minerals, while many herbs and spices contain more antioxidants than most fruits and vegetables.

Turmeric, for example, contains curcumin which is a

compound known to fight cancer and is often taken medicinally to reduce inflammation and improve joint mobility.

Meanwhile cayenne helps to improve the absorption of nutrients, boost circulation and protect against heart problems.

Oregano, on the other hand, is high in antioxidants and its leaves and oil are used to treat coughs, congestion, fevers and aches.

Finding your inner peace

IN the hectic hustle and bustle of the modern world, finding time to switch off and disconnect can be difficult.

However, with cases of anxiety and depression reportedly on the rise, it's now more important than ever to put aside the time to focus on yourself and de-stress.

An effective way to achieve this is to practice meditation.

It's easy to confuse the true purpose of meditation. It's about clearing your mind of any thoughts whatsoever, not trying to concentrate harder on something.

Meditation has been shown to have a posi-

tive effect on mental health conditions such as anxiety, insomnia and depression.

It helps to sharpen the mind by improving focus and promoting relaxation, which can do wonders for your concentration levels.

It also has a positive impact physically, as well as mentally, as it lowers high blood pressure and helps to reduce any tension-related pain, such as ulcers, headaches or muscle and joint problems.

To reap the benefits of meditation, it's important to practise on a regular basis. It only takes up a few minutes of each day, but the practice soon becomes second nature.



OHMM: Take a few minutes to chill out each day.

Photo credit: Unsplash

Pain in the leg(s): The pinched nerve

In practice, the most common complaint is low back pain. This is often accompanied with radiating pain in one or both legs. This radiating pain is caused by an irritation of or damage to the nerve. This occurs when there is long-term pressure on the nerve, such as in a herniated disc, or when a vertebrae is pushing against the spinal nerve.

The affected nerve has often been trapped for a long time and the symptoms such as pain, tingling, numbness and weakness are caused by the interference of signals between the brain and the corresponding body part, which does not come through like it should.

The nerve cannot do its work properly. It is like a wire where its casing is damaged and a short-circuit occurs. People typically complain about pain in the legs during walking, pins and needles when sitting, and pain radiating from the buttock to the knee and even all the way down to the feet.

This problem can only be solved by getting rid of the cause of the impingement, so the cause of the pressure on the nerve needs to be addressed.

The nerve can be trapped in different



areas; in the spine, the pelvis and buttock. It is essential to determine the actual site of entrapment. Too often bulges / hernias of intervertebral discs in the spine are blamed for this kind of symptoms and the wrong method of treatment is started. Often the cause lies just outside the spine, such as a compressed sciatic nerve in the pelvis. This gives nerve impingement and

radiates in the leg to the knee with pain in the buttock. The disorder is often incorrectly diagnosed as a hernia.

We note that in practice people have such complaints for too long, sometimes years, before the correct diagnosis is made. They are told to live with the problem and have tried 'everything' to solve the problem, which very often just means lots of

X-rays and scans, medication and maybe some massage. Our clinic is specialised in diagnosing and treating these complaints.

Through chiropractic techniques such as manipulation, mobilisation, muscle techniques and changes made in posture, the pressure on the nerve can be removed. The nerve is damaged, after crushing, and will recover after removal of the cause of the pressure.

This is a slow process and means that after removing the cause of the radiating problems, it takes some time before the nerve will regain its full function and will not reproduce symptoms. This process can be accelerated by taking a vitamin B complex. There is no other form of therapy that will be able to get the pressure of a trapped nerve.

In our clinic we combine chiropractic therapy, postural exercises and prescription of supplements to treat these problems with great success. If necessary, we use X-ray and MRI studies to support our diagnosis.

Tel: 965 875 917
Quiropráctica Calpe
Jason Gast (Doctor of Chiropractic)

Japanese thinking

IF you haven't heard of the Danish lifestyle concept called Hygge yet, you've probably been living under a rock for the last year.

Somewhat fittingly, 'Hygge' means living with a certain quality of comfort that makes you happy, and has gained global recognition. The concept is slowly creeping its way into homes all over the world, and encourages surrounding oneself with soothing things like a fresh cup of tea or soft, woolly socks.

However, for those not satisfied with indulging in the homely comforts offered by the Danes, perhaps copying the Japanese will better help you pursue happiness instead.

In Japan, it is widely considered that everyone has 'Ikigai' - which, roughly translated, means a reason to get out of bed in the morning.

So instead of surrounding yourself with material things to make you happy, you should instead be hunting for your life's purpose; your raison d'être if you will.

The concept is said to have originated on the Japanese island of Okinawa, which is reportedly home to the world's largest population of centenarians.

So Ikigai may not only help you find happiness, but could also help you to live longer.

If the concept of finding your life's purpose seems somewhat overwhelming, never fear, it's apparently a lot simpler than you think.

It all comes down to starting small and accepting yourself. Connect with the world around you, by finding small joys with other people and in your environment, and seek the here and now. Easy peasy.



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The honey to cure all that ails you

MANUKA honey is one of the most beneficial and healing varieties of honey out there. Produced in New Zealand by bees that pollinate from the Manuka bush, the honey is used to cure a range of ailments - from sore throats and digestive problems to healing wounds.

Manuka is different from other honey mainly as a result of the incredible range of nutrients that are packed into it. It's a rich source of calcium, iron, potassium and zinc - to name a few - which give the honey its healing and immune-boosting properties.

Manuka actually has four times the amount of nutritional content than normal honey. It also has a higher level of antibodies, which

makes it particularly good at fighting infection.

Whatever your health issue, a spoonful of Manuka could help the symptoms go down. Doctors have used the stuff to treat tooth decay, IBS, sore throats, allergies and eczema.

It could also help you get a better night's rest. Manuka honey slowly releases glycogen which is needed for essential bodily functions during sleep - giving a whole new meaning to drinking some hot milk with honey before bed.



MANUKA: Honey has never tasted so good.

How to make your fitness goals a reality

DECIDING on your fitness goals is often much easier than making them a reality.

With so many keep fit options, and advice on how to make these goals a reality, many people get overwhelmed by the whole thing and just end up giving up.

The easiest way to achieve your targets is to make sure you don't set yourself any goals that are out of your capabilities.

Especially if you're not used to doing any exercise, diving head first into a bunch of new workouts can be exhausting so why not set yourself some more simple challenges at first, then increase the amount of exercise you do steadily as it increases.

Making sure you eat healthily is also vitally important as getting more fruits and vegetables in your diet, as well as enough protein and carbohydrates, will help your body to recover faster following workouts.

Monitoring your vital statis-

tics regularly and keeping them in check will also keep you up-to-date with how in shape you are. This includes your cholesterol, blood pressure, blood sugar and resting heart rate.

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The experience that is Cirque du Soleil

IN the early 1980s a troupe of performers decided that they wanted to do something different and set their minds on revolutionising circus.

They started in a relatively small way, juggling, dancing, fire breathing and playing music to an ever increasing audience in a small town near to Quebec City in Canada.

The 450th anniversary of the discovery of Canada inspired the group led by Guy Laliberté to undertake a tour of that country incorporating circus arts (without animals) and a mixture of spectacular dance, lighting and music.

It was called Cirque du Soleil as "the sun symbolises youth energy and strength" according to Laliberté.

The success of the tour inspired the team to try their luck in America in 1987 and never scared to think big, their We Reinvent the Circus show was an instant success in Las Vegas and other parts of the southern USA.

From there, the next stop was Europe and a constant stream of tours incorporating some of the most gifted athletes and performers in the world with a whole range of different shows playing to packed crowds for months at a time.



Credit: Cirque Du Soleil

RUSSIAN ACROBATS: Inspired by the lost civilisations of South America.

The Cirque de Soleil brings their brand new TOTEM show which is described as a journey into the evolution of mankind to Alicante City for a month from July 20 in the arena at the Rabasa fairground.

The show follows the human species from original amphibian state to the ultimate desire to fly. The characters evolve on a stage,

evoking a giant turtle, the symbol of origin for many ancient civilisations. TOTEM explores the ties that bind Man to other species, his dreams and his infinite potential.

The six interlinking parts of the performance include a pair of high flyers on trapeze, followed by an amazing Amerind

dance performance by a supreme acrobat and then a pair of roller skaters also performing as Native Americans.

The slightly more esoteric part of the performance called the Sparks of Life sees members of the cast appear in exotic amphibian and fish like costumes who cross the arena by bouncing on trampolines.

Two male acrobats compete with each other on rings to a Bollywood backbeat, until a single female athlete arrives to show them how it's done!

Wearing colourful costumes inspired by the lost civilisations of South America, a team of Russian acrobats will stun the audience by leaping across the arena on bars in an attempt to escape earth's gravity.

Then five unicyclists will amaze as they toss metal bowls with their feet and catch them on their heads as they travel around the arena, metres above the ground.

Tickets for this incredible month of circus with a complete difference start at €28 and range in price depending upon the position of the seats and whether VIP treatment is required.

Full details of pricing and availability at www.cirquedusoleil.com/spain/alicante/totem/buy-tickets.

A dry pleasure

BACCHUS CELLAR

by Lorenzo
Barbareschi



SHERRY PICKER: There are several different varieties.

SHERRY, an anglicisation of the Spanish Jerez, is a fortified wine from white grapes grown near Jerez de la Frontera in Andalucía.

After fermentation the wines are fortified with grape spirit to increase the final alcohol content. Wines suitable for ageing as Fino and Manzanilla are fortified until they reach a total alcohol content of 15.5 per cent. As they age in barrel, the wines develop natural yeast known as flor that helps protect them from excessive oxidation.

Wines chosen to undergo ageing as Oloroso are fortified to reach an alcohol content of at least 17. They do not develop flor and oxidise slightly as they age, giving

them a darker colour.

Because fortification takes place after fermentation, most Sherries are initially dry, with any sweetness added later.

Jerez has been a centre of viniculture since Phoenician times in 1100 BC, with the Moors - after conquering the region - introducing distillation and producing brandy and fortified wine.

During the Moorish period, the town was called Sherry, from which both Sherry and Jerez are derived.

By the end of the 16th century, sherry had a reputation

as the world's finest wine and both Christopher Columbus and Ferdinand Magellan took it on voyages to the New World.

Because sherry was heavily exported to the UK many of the Jerez cellars were founded by British families.

Wines from different years are aged and blended before bottling, so sherry bottles do not usually carry a specific vintage year.

Sherry is traditionally drunk from a copita or catavino, a special tulip-shaped glass.

Happy tasting.

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Flower styling course



MASTER FLORISTS: The pair of who will conduct the course.

A PRESTIGIOUS Master Florist from LA, London and Palma de Mallorca will be teaching a floral design workshop in Javea.

Master Florist Dante Carmassi and local florist Lupe Miñana will teach the latest trends in ecological International floral design demonstrating emerging fashions in floral arrangements and techniques.

The workshop on Saturday and Sunday will take place on the terrace of the Salt restaurant, a space that overlooks the Arenal beach and the iconic Montgó Mountain - a location that captures all the beauty of the Mediterranean, a stunning location for an event to create and share the beauty of this wonderful region.

Carmassi one of the great influencers of modern floral design, has worked and designed events in Hollywood for Penelope Cruz and other major movie stars. He created all the floral arrangements for the successful ABC TV programme The Bachelor.

The Master Florist is currently developing his international floral design brand across Europe between London and Palma de Mallorca, where celebrities invite him to design their events.

One of his most spectacular works was the floral arrangements of the polo tournament sponsored by Cartier at Windsor Castle.

One of the attractions of the workshop is that Dante and Lupe will use locally sourced fauna, wild flowers of the Marina Alta, such as pistachio trees, olive trees and lavenders and wild flow-

ers - that, with the arrival of spring, have exploded in all their beauty.

They will share with the course participants the importance of preserving protected botany, local fauna and having an environmental approach to floristry. Mainly using the native seasonal flowers that abound in the Costa Blanca but in bouquets, creating arrangements that have an extraordinary beauty and wonderful fresh fragrances.

The workshop will begin with the design and completion of a 'wedding centre piece' - a spectacular centre for weddings and large celebrations, as well as flowers to wear such as crowns, corsages and buttoneers.

The course will also cover more contemporary floral arrangements currently in vogue and all of the floral creations will be themed to capture the essence of the Mediterranean in spring and ecological sustainability.

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Iberia Festival has just been launched

THE first two acts to be confirmed for the Iberia Festival which takes place in Benidorm later this year are Tequila and Coque Malla.

This, the sixth annual two-day festival has moved its dates from August to October 12 and 13 and according to Mayor Toni Pérez the event is recognised as a major pop and rock festival nationwide.

As the event will coincide with the Day of Hispanic Heritage, a national holiday on the Friday, the organisers expect that it will attract a large audience, especially as there will be a number of visitors to the city at that time.

Tickets will be available at the website www.iberiafestival.com and there may be promotional offers for both normal and VIP entry.

It is expected that there will be a minimum of 10 acts invited to play and the organisers hope to encourage some new local bands to join in the



COQUE MALLA: Performing on stage.

festivities in the Julio Iglesias auditorium of the L'Aigüera Park with additional morning sessions so that the event can be enjoyed by as many people as possible.

The promoter is particularly proud of the fact that Tequila has included

Benidorm in what is likely to be its last tour before the band breaks up and the members go their separate ways.

Coque Malla is the former leader of legendary rock group Los Ronaldos and his performance is expected to be one not to be missed.

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Centenary of the RAF

THROUGHOUT 2018 members and ex-members of the Royal Air Force will be celebrating the 100th anniversary since the formation of the RAF, the first independent Air Force in the world.

In a fitting tribute to its wonderful legacy since 1918, the 100th anniversary was celebrated in excellent style by members of the North Costa Blanca Branch of the Royal Air Forces Association, some of whom had managed to squeeze into their Mess Dress uniform, and their guests at the Canor Restaurant, Teulada, on Saturday March 31 - although the celebration lasted until after midnight when a grand toast was made on the actual date of the Centenary.



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Credit: Twitter @Ebenzerobeng54

Messi strikes to land luxury hotel

LIONEL MESSI has purchased an incredible €600 a night hotel in Ibiza, as he develops his MiM brand.

The 30-year-old Barcelona star has bought the stunning Hotel Es Vive, located on the Figueretas beach, and the 52-room property boasts a luxury pool and rooftop bar.

Last summer the footballing icon started his hotel splurge with a €30 million swoop for the four-star hotel MiM Sitges.

Following that, this exclusive resort will be managed by the Majestic Hotel Group, with prices starting from €257 per night.

Management company Gemini Group Evisia confirmed the takeover, and it has since been renamed MiM Ibiza Es Vive.

Sean Cochrane, a British designer, redesigned the hotel in 2014 in a 1940's-inspired Art Deco style.

Real Madrid rival Cristiano Ronaldo recently announced his business plans for the popular island, but it appears he has been again pipped by Messi.

The 33-year-old's Pestana CR7 chain of hotels had revealed last year that they were looking for a suitable property in Ibiza, with the help of JLL Hotels and Hospitality Group.

Ronaldo is already well versed in the hotel business, having bought establishments in Lisbon, as well as his hometown of Funchal.

Ronaldo is already well versed in the hotel business, having bought establishments in Lisbon, as well as his hometown of Funchal.

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DICK HANDSCOMBE



MOST house gardens and apartment terraces in Spain benefit from being designed as a series of interesting mini gardens. Preferably each with its own soul and style, but integrated into an overall holistic landscape that enables great living and garden wanders all the year round.

Even only four to six metres on one or two sides lends itself to five distinct gardens. One on each side and a fifth under a covered terrace. The latter can be attractive all year round with shade from the high sun in summer and the warmth of the low winter sun. Such a terrace garden immediately integrates the house into the garden.

Success in having a number of integrated mini gardens is in choosing what to have in each area and how you separate them. Possible types of mini garden include the following:

- ♦ The pool or jacuzzi garden surrounded by shrubs and trees to give privacy and a sense of being in a natural glade when cooling off or sun-bathing. Also this is a good way of hiding the pool away during the non-pool months. So many gardens are dominated by a pool in the most prominent spot where it adds no real interest.
- ♦ Seasonal flower gardens.
- ♦ A Japanese raked chipping or water and rock-based garden.
- ♦ A water garden with fountains and fish ponds.

It's a small world

Mini gardens within gardens and on terraces add interest and pleasure



LITTLE TO THE IMAGINATION: A planted garden pond or small vegetable gardens.

- ♦ A dry cacti and succulent garden.
- ♦ A rockery or embankment garden.
- ♦ A container garden with 50 to 100 plants in containers of various shapes, sizes and colours.
- ♦ A specialist mini botanical or collector's garden.
- ♦ A rose garden with a collection of climbers, standards and bush forms.
- ♦ A mini orchard with perhaps a secret garden hidden in the centre.
- ♦ A vegetable garden planted in the soil or in raised beds or containers.
- ♦ An oasis garden mainly planted with palms or a dry riverbed garden.
- ♦ An Arabic style garden incorporating coloured ceramics in the floor walls, water features, containers etc.

tures, containers etc.

- ♦ A water plant garden around a pond.
- ♦ A desert garden with plants planted through sand or stone chippings layered over black plastic.
- ♦ A lily garden glowing with masses of lilies during late spring and summer.
- ♦ A greenhouse and potting shed garden for those who like to grow from seeds and cuttings.

- ♦ A herb garden which can be interesting and relaxing all year round as well as yielding continuous harvests of culinary and medicinal herbs.
- ♦ A vineyard with grapes growing on walls and over arches or covered walkways.
- ♦ A citrus garden perfumed by the flowers of a perpetual flowering and fruiting lemon tree.
- ♦ A wild garden of natural herbs, shrubs and trees allowed to grow fairly wild like a miniature L' Arbarda garden, as can be visited near Pedreguer in the Alicante region.

There are so many possible styles to choose from. If you came to Spain for the sunny weather then get out to enjoy it in a garden created to draw you outside so that you live in it in preference to the house for much of the year.



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Advertising Feature

How I get my pool to 28°C

WHO doesn't want to get the most out of his pool? Outside summer season it's a big investment just sitting there in your garden. Swimming in a heated pool whenever you want, whatever the season, economical and failsafe, that's what most pool owners are looking for.

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How does that work?

Albert from Poolworx explains: "As long as nighttime temperatures exceed 10° it takes less than four days to heat the average 8x4 pool from around 15°C to 28°C. After that you can easily maintain your temperature by heating mainly during off-peak hours!

"Depending on your local conditions, the cost to enjoy a heated

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"Our Duratech air source heat pumps are the single most efficient

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What are the four steps?

Albert: "Step 1 is talking to you in person! Choosing the right model fit for your pool is where it all starts. Poolworx is always your contact, before and after installation! We are experts in doing the calculations and fully assess your current pool situation. If required, we do a site visit. After that it's a natural job for a skilled installer. We advise people to first explore their options online with our calculator at www.poolworx.eu.

"In Step 2 Poolworx selects an installer near you so they can arrange the on-site delivery. If you have your own preferred installer, Poolworx provides him or her with all the required information to perform a quality installation.

"Step 3 is the installation of the unit. This is straightforward for a skilled installer as the package

comes with everything included. The unit is then connected to your power supply and piping is connected with three valves correctly directing the flow of pool water. Poolworx Duratech units can autonomously steer your pool filtration pump and automatically detect water flow from your system. This means you have full control and flexibility in heating your pool!

"Step 4 is setting the desired temperature on the digital control panel. Then, whenever you press START, only four days of patience are required to enjoy your heated pool!"

Contact Poolworx for your no obligation 'pool specific' price quote, by calling Spain 643 363 179 or Belgium (+32) 497 408 800 or email albert@poolworx.es. Visit their websites in English at www.poolworx.eu, Spanish at www.poolworx.es or Dutch at www.poolworx.be.



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AS spring emerges and your garden comes to life, why not bring the colour of the outdoors into your home. One of the ways this can be achieved is by freshening up your walls with a few licks of paint.

Of course, it's very easy to create a white blank canvas but why not be more adventurous and introduce a bold colourful feature wall.

However, think long and hard about the colours you choose.

Each has its own meaning which can affect your mood and energy levels. A dark black feature wall might go with your favourite rug but it might make you depressed. Here's a few tips to help you achieve your de-

Out of the blues



CAUGHT RED-HANDED: Employing a painter might spice up your bedroom!

sired outcome.

Use grey in your living area to create an elegant look. Paired with other warm colours, it can successfully create an inviting effect.

A splash of orange in your kitchen or dining space should stimulate appetite and spice up conversation. Instead of blue, try a calming shade of lilac in your bathroom to create a sense of relaxation.

If you work from home, surround yourself with the colour blue to increase your productivity.

A pale yellow is perfect for your hallway to create some neutrality and offer a sunny vibe. Whilst candy-apple red in your bedroom should introduce a bite of passion to those spring evenings!

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How to make your home look unique

IT'S easy, when trying to copy the latest design trends, to fall into the trap of decorating your house to look like a model home.

While this no doubt still looks stunning, it's the unique touches that correspond to your own personal taste which make your house feel like a home, and they also help create good talking points for when you have guests over.

If you're stuck on how to achieve this, investing in a good work of art is always a good place to start. Whether it's a beautiful watercolour painting from a talented local artist or a large print by one of your favourite photographers, art is an investment and speaks volumes to your taste so be sure to choose wisely.

Another easy way to make your home look unique is to juxtapose antiques with more contemporary pieces. The great thing about antiques is that you're guaranteed none of your friends will find the same marble coffee table

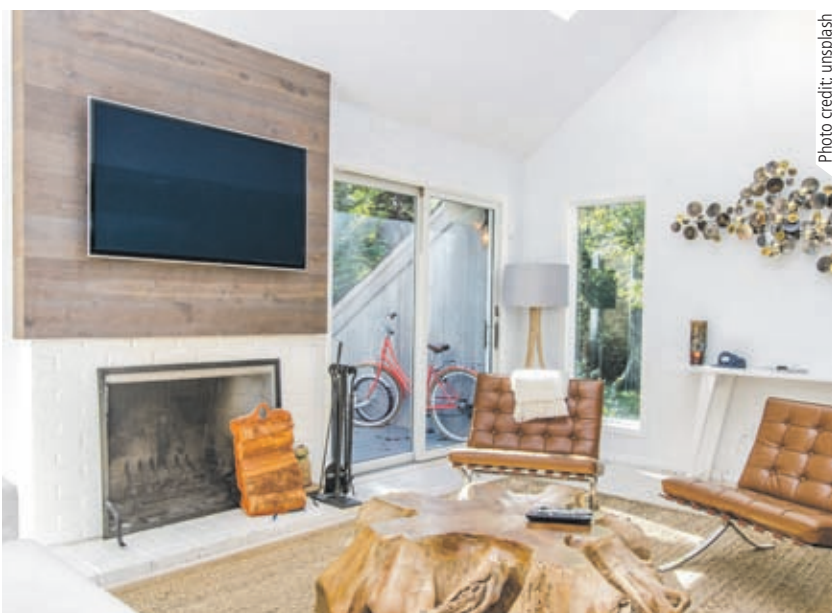


Photo credit: unsplash

GORGEOUS: Old school meets modern design is a real winner.

in the local furniture shop and they help to add character.

Play around with colour and textures. Don't be afraid to go bold if you

think it's something you can live with. After all bright colours add vibrancy to your surroundings, and can be a real mood booster.

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MOST of my readers are aware that I have been involved in the canine industry for over 60 years having covered most aspects from police work, Air Sea Rescue film work and most importantly teaching the public how to bring up their dog. Running all types and levels including agility and flyball at all levels.

Looking at the dog training industry today I, and many of my colleagues, are appalled that so many young people are starting up classes with no experience and have never entered a 'proper' competition apart from their local animal shelter etc. This goes on in many countries especially the USA, UK, Australia, etc.

It is so simple today to join organisations run by bogus individuals who sell certificates over the internet which suggest you have passed many exams and have had hands on experience.

I wonder if they could present their own dog to demonstrate how good they

Training tips



TRAINING DAY: A good trainer is important to make sure your pet stays well behaved.

are? However you must not be impressed by this, as they may not have trained the dog. Let them show you what they are able to do with your dog.

Today whilst writing this article I received an email from my friend David

Davies who was an instructor in the UK Police force:

'I am afraid everything is about money these days.'

The canine world is going bonkers here in the UK. There are new trainers,

behaviourists, walkers, creches etc opening up everywhere.

Most are run by youngsters who have only been around dogs a few years, months in many cases. What I struggle to accept is when this involves

creatures. No one can be involved at a senior level with animals until they have many years' experience. I mean experience, not simply had a few dogs, cats etc. One must have worked with them in a very diverse and involved way beforehand.

There is a young man opening up near me. He has minutes of experience and is running a workshop on how to train your dog using motivation, he seems to think [believe] he has invented this concept.

How do you start? Talk to your vet who will be aware of the trainers in the area. In fact many vets now run schools at their premises like Pointer Clinic East.

Take a look at as many schools as you are able to but do not take your pet.

Explain to the 'instructor' that you're thinking of having lessons. Now you can see what goes on, shouting and rough handling is out.

It is also an idea to have a chat with those attending with their dogs to see if they have advanced in training and behaviour.

Look before you book as you would with your children.

Keep your dog safe

MOST people think of hot cross buns as a tasty, Easter treat; however, dog owners are now being warned to keep their dogs away from the simple snack as it could potentially poison them.

This is because hot cross buns typically contain ingredients such as sultanas, raisins, lemon zest and the spice nutmeg, which are considered toxic to animals.

While most dog owners are aware of the dangers of giving chocolate to dogs, the dangers of other poisonous foods, such as hot cross buns, are less well known by the public according to experts.

Raisins and sultanas can reportedly cause kidney failure



HOT CROSS BUNS: Potentially lethal for animals.

in dogs and cats, as there's a toxic compound in the fruit which also causes vomiting,

diarrhoea, and extreme fatigue.

Hot cross buns also sometimes contain nutmeg, which contains Myristicin. This compound is toxic to dogs if consumed in large amounts and can cause hallucinations, increased heart rate, abdominal pain and seizures.

Meanwhile citrus fruits, such as lemons, can cause vomiting, diarrhoea and depression in both dogs and cats.

If you suspect your pet has consumed something toxic, consult a vet immediately.

Owners save by joining a network

ARE you the owner of multiple pets, and need help when you travel or go on holiday? If you are afraid of moving your pets away from home for the time you are planning to be away and concerned about the stress this might cause, think about joining *HouseSitMatch.com*.

How do you benefit as a home and petowner?

By joining the HouseSitMatch membership network you can meet experienced and checked sitters safely online. For a small annual fee you can meet sitters online, and make arrangements for them to look after your pets and property while you are away. What is more, the sitters do not charge a penny, they look after your pets for free in exchange for free accommodation.

Why join a network like HouseSitMatch?

HouseSit Match is a managed online network which we believe makes us more secure. We ID check all members on joining, and we work hard to ensure that every pet is cherished by checked pet-sitters in your home. All our house-sitters also go through ID as well as police and background checking.

How you benefit as a home and pet owner

Our membership offers a secure network to help you find suitable sitters. We don't reveal your contact details, or your address. You simply post an advert when you are planning to travel, we publish the advert with your dates and photos



TOTAL CARE: Let pets stay at home.

of your pets, then house-sitters apply. You can view their profiles and chat with them before you accept your choice of applicant.

How you do join?

Please register online via our website www.Housesitmatch.com

- Choose a membership plan
- Standard (DIY option) - £49 pa
- Premium (with full support) - £79 pa

Client testimonial -

HouseSit Match must be the best in the business. So polite and helpful in every way. We have and will continue to recommend them to friends, family and others that want to do a House-sit or even a swap. 10 out of 10.

~David ~ Home and pet owner, Granada, Spain

(Reviews in Trustpilot)

Do you need a house or pet-sitter? Get in touch. House-sitting can be a win-win for both parties, free house and pet-sitting, and the experienced and checked sitters get free accommodation! Register as either house-sitter or homeowner now with a 20 per cent off introductory offer using coupon code PERFECT20. To find a house or pet-sitter go to www.HousesitMatch.com.

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The world's first speeding ticket was issued to a motorist in 1896. The limit at the time was 2mph and he was driving at 8mph.

PEUGEOT'S best-selling car of all time, the Peugeot 206, celebrates its 20th anniversary this year.

The original 206 was launched in the form of a hatchback in 1998 and had seen over 5.4 million global sales by December 2005.

The car remains Peugeot's best-selling vehicle to date with 5.1 million sold in Europe and 8.3 million globally.

In celebration of the landmark anniversary, Peugeot took on the challenge of recreating one of the most iconic 206 adverts, 'The Sculptor.'

The advert was originally filmed in Jaipur, India, in 2003 and depicted a young man converting his Ambassador into a 206 after seeing the car in a newspaper advert. The man makes the modifications by repeatedly crashing his Ambassador into a wall and encouraging an elephant to sit on it to make it resemble the Peugeot 206.

In homage to this, the French carmaker recreated the advert, by converting a Hindustan Ambassador into the Peugeot 208 GTi, using a team of engineers at Ajeenkya D Y Patil University, based in Pune, India.

Mark Pickles, Peugeot marketing director, said: "It's been 15 years since 'The Sculptor' advert appeared on TV screens and as Peugeot has recently acquired the Ambassador brand, it seemed a fitting way to mark the

20 years on

Peugeot celebrates 206 anniversary



Credit: Peugeot/Twitter

206's anniversary year.

"The outstanding work that the Ajeenkya D Y Patil University team has put into the vehicle modification has been incredible to watch.

"The anniversary of the Peugeot 206 is a great opportunity to recognise the vehicle's success in becoming Peugeot's best-selling model of all time. On sale between 1998 and 2008, the 206's reliable build and iconic design made it a popular choice of vehicle."



ICONIC: Peugeot's 2003 'the Sculptor' advert (inset) has been recreated as part of the celebrations.

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Mitsubishi Eclipse Cross

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The sector is highly competitive - rivals include the Peugeot 3008 and SEAT Ateca - but Mitsubishi has a strong reputa-

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Priced from €24,277 (£21,275), this newcomer offers several trim levels and either two-wheel drive or four-wheel drive depending on

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Safety features include lane departure warning and forward collision mitigation, which uses radar technology to detect collision risk.

Eclipse Cross looks and feels a good package for the money, and its interior space makes it very family-friendly.


The rear seats slide for variable load/occupant versatility and they do fold flat.

The cabin has an upmarket look, the controls are well-placed and the seating is very comfortable. My only negative is that the tailgate screen has a central bar which though hardly impeding vision, is mildly distracting.



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La Liga Preview

Real host Atletico in Madrid derby

REAL MADRID host rivals Atletico in the Madrid derby on Sunday, with both sides looking to strengthen their positions in this year's top four.

Atletico moved to within nine points of leaders Barcelona after a 1-0 victory against Deportivo on Saturday, with Kevin Gameiro's goal enough to separate Atletico and the struggling side.

They travel to a Real side who themselves come into the game off the back of some good form, having won all of their La Liga games in March and got themselves up to third in La Liga.

A win for Real will see them move to within just a point of their Madrid rivals, but a win for Atletico would see them move five points clear and all but guarantee Champions League football for next season.

Elsewhere, Barcelona will look to continue their unbeaten run in La Liga against Leganes after they extended it even further in dramatic fashion during a 2-2 draw with Sevilla last weekend.

The Champions-elect looked to be heading for their first La Liga defeat since 2017 after goals from Franco Vasquez had hosts Sevilla 2-0 up with just five minutes to go.

But it was not meant to be for Sevilla as Barcelona scored two in the final two minutes of the game through Luis Suarez and Lionel Messi to ensure their record run continued.

Barcelona can now make it 38 games unbeaten in La Liga as they host Leganes on Saturday almost a year to the day since they last suffered defeat in the league; a 2-0 loss to Malaga on April 8, 2017.

Tomorrow (Friday), Malaga travel to Deportivo in a battle at the bottom of the league, having registered their first win of 2018 last time out against sixth placed Villarreal.

Chory Castro's penalty was enough to give the Malaga boss his



Credit: Twitter

GOALLESS: The reverse fixture between Real and Atletico in November ended in a 0-0 draw.

first win since taking over the side in January and register Los Boquerones' fourth win of the season, but was not enough to take them off the bottom of the table.

Clarence Seedorf's Deportivo La Coruña find themselves in a similar position, struggling to survive and have picked up just one win in their last 16 La Liga matches.

Elsewhere, Sevilla will look to get back into the Europa league spots against Celta Vigo after being leapfrogged by Real Betis, who went into sixth following their win against Getafe.

The Champions League quarter-finalists have slipped out of the top six having picked up just one point from their last three games.

In the weekend's other fixtures, Real Betis host Eibar on Saturday, Sunday sees Levante play Las Palmas before Real Sociedad take on Girona and Villarreal face Athletic Bilbao on Monday.

SPANISH LA LIGA 2017/18 TABLE

TEAM	PI	W	D	L	F	A	Pts
1 • Barcelona	30	23	7	0	76	15	76
2 • Atlético	30	20	7	3	50	14	67
3 • Real Madrid	30	19	6	5	76	33	63
4 • Valencia	30	19	5	6	58	31	62
5 • Villarreal	30	14	5	11	40	34	47
6 • Betis	30	14	4	12	50	53	46
7 • Sevilla	30	14	4	12	39	46	46
8 • Girona	30	12	8	10	44	43	44
9 • Celta	30	11	7	12	46	43	40
10 • Eibar	30	11	7	12	36	43	40
11 • Getafe	30	10	9	11	35	28	39
12 • Athletic	30	8	12	10	30	34	36
13 • Espanyol	30	8	12	10	26	37	36
14 • Leganés	30	10	6	14	25	36	36
15 • R. Sociedad	30	9	7	14	51	52	34
16 • Alavés	30	10	2	18	26	45	32
17 • Levante	30	5	13	12	26	44	28
18 • Las Palmas	30	5	6	19	21	61	21
19 • Deportivo	30	4	8	18	26	61	20
20 • Málaga	30	4	5	21	17	45	17

Champions L.**Europa L.****Relegation****PREMIER LEAGUE 2017/18 TABLE**

TEAM	PI	W	D	L	F	A	Pts
1 • M. City	31	27	3	1	88	21	84
2 • M. United	31	21	5	5	60	23	68
3 • Liverpool	32	19	9	4	75	35	66
4 • Tottenham H.	31	19	7	5	62	26	64
5 • Chelsea	31	17	5	9	53	30	56
6 • Arsenal	31	15	6	10	58	41	51
7 • Burnley	31	12	10	9	29	27	46
8 • Leicester City	31	11	10	10	47	43	43
9 • Everton	32	11	7	14	38	53	40
10 • Bournemouth	32	9	10	13	39	51	37
11 • Watford	32	10	7	15	41	57	37
12 • Newcastle United	31	9	8	14	31	40	35
13 • Brighton	31	8	10	13	28	42	34
14 • West Ham Utd.	31	8	9	14	39	57	33
15 • Swansea City	31	8	7	16	25	44	31
16 • Huddersfield Town	32	8	7	17	25	53	31
17 • Crystal Palace	32	7	9	16	31	50	30
18 • Southampton	31	5	13	13	29	47	28
19 • Stoke City	32	6	9	17	29	61	27
20 • West Bromwich	32	3	11	18	25	51	20

Premier League preview

Derby day could see Citizens crowned

MANCHESTER CITY can officially wrap up the Premier League title with six games to spare if they beat bitter rivals Manchester United at the Etihad on Saturday.

Pep Guardiola's side moved to within just one win of the title after a 3-1 victory over Everton on Saturday as they became just the third Premier League side to beat all other teams in a single Premier League season.

First half goals from Leroy Sane, Gabriel Jesus and Raheem Sterling were enough to blow away the Merseysiders on the day, despite a 63rd minute consolation from Yannick Bolasie.

The result means just a win against United at the Etihad on Saturday will be enough for City to wrap up their third title in the past seven years and the earliest title ever to be won in Premier League history.

Elsewhere, Liverpool will look to overtake Manchester United into second place as they host Everton at Anfield in the Merseyside derby.

The Reds come into the game in scintillating form having lost just one of their last eight games as they continued their good run of results with 2-1 win over Crystal Palace.

Having fallen behind to an early Luka Milivojevic penalty, Sadio Mane equalised early in the second half be-

**RECORD BREAKERS: City could seal the title in record time on Saturday.**

fore Mo Salah's 29th Premier League goal of the season secured the result for Liverpool.

On Sunday, Chelsea face West Ham in a London derby looking to bounce back from their heavy defeat to top four rivals Tottenham last weekend.

The Blues are all but assured not to finish in this season's top four after the damaging 3-1 defeat to Spurs as Dele Alli scored a brace and Christian Eriksen's stunner were enough to condemn Chelsea to their ninth defeat of the season.

The result leaves them eight points behind Spurs in the table with just seven games left to play in the race for the top four.

Tottenham themselves head to Stoke on Saturday looking to consolidate

their position in fourth, while their opponents are desperate for points in the fight against relegation.

Stoke are in real danger of relegation from the Premier League this season and currently sit in 18th place, eight points away from safety following last week's heavy defeat to Arsenal.

Elsewhere, West Brom play Swansea City at the Hawthorns and will be desperate for a result after they slumped to a record eighth successive league defeat at the hands of Burnley on Saturday.

In the weekend's other fixtures, Watford play Burnley, Bournemouth host Crystal Palace, Brighton face Huddersfield Town, Leicester City are against Newcastle and Arsenal take on Southampton on Sunday.

Spain's RWC decision delayed

GOVERNING body Rugby Europe has again delayed a decision on the outcome of the Spain vs Belgium World Cup Qualifying match.

The Spanish Rugby Federation (FER) has asked Rugby Europe to look into their final qualifier after they lost 18-10 to Belgium which meant Romania qualified for next year's World Cup instead of Spain.

The FER had requested that the officials be changed prior to the match, due to the potential conflict of interest, and have now asked for the game to be replayed on account of 19 decisions they feel were unfair against them.

A Rugby Europe referees' selection committee had an initial meeting in Poznan following the match, which included the Spanish Rugby Federation President, Alfonso Feijoo, before a conference call between the Rugby Europe Board of directors was set to take place on Thursday last week.

It had been thought that a decision would be imminent following the conference call, but that call has now been rescheduled due to the need to 'gather, clarify and share all the additional information' before making an accurate decision.

Return of the Raf

RAFAEL NADAL is set to return from a long-standing hip injury next week after he was named in Spain's Davis Cup squad.

The 31-year-old has not played since he was forced to withdraw from the Australian Open quarter-final against Marin Cilic in January due to a hip injury.

He had looked to return at last month's ATP 500 Acapulco in Mexico but withdrew at the last minute due to a recurrence of the same injury.

And if he does feature, he is set to return to action as World Number 1 after Roger Federer's shock second-round loss to Thanasi Kokkinakis at the Miami Open.

Speaking to the Spanish Federation website, Spain's Davis Cup Captain Sergi Bruguera said: "Rafa is getting better and training more. There



BACK IN ACTION: Nadal could play his first tennis since January at this weekend's Davis Cup quarter-final.

is still a week and a half for the games to start and there is time."

Fellow Spaniards Roberto Bautista Agut, Pablo Carreno Busta, Feliciano Lopez and David Ferrer make up the rest of the team that take on Germany in Valencia between April 6 and 8.

The winner will then take on either France or Italy in the semi-finals, while Croatia face Kazakhstan and United States play Belgium in the other quarter-finals.

Javea Green Bowls Club's Easter Trips attract record numbers

THE Javea Easter Trips took place recently, with a record 36 teams from neighbouring clubs taking part.

The format of two 10 end games a day for two days and one game on day three proved very popular, with so many bowlers wanting to participate that an unprecedented nine rinks were brought into play.

With names as bizarre as Mutton Jeff, Nearly Brummies, Ebowla Bad Webowla Great and The Toss Pots, it was always going to be a fun competition.

The semi finals were well represented by BBC, El Cid and Javea teams. The finalists were FAD from El Cid and DJ's from BBC.

As finals go this was superb, with only eight ends to play it was a hard fought low scoring game with both teams tied 5-5 at the end, so an extra end was called for. This could not have been more exciting if it had been choreographed as FAD were holding shot, but a last wood from the DJ's skip Jacquie 'used' a side wood to gain the shot.

With his last wood of the match and one down in the head, FAD's skip Alan changed his favoured hand, aimed at

and managed to move the shot wood to win the game.

The crowd were quiet for a second as they could not believe what they had witnessed, then erupted into cheers and applause.

Winners FAD, Debbie and Floyd Williams and Alan Ferand lifted the cup, while they also took home €300, bottles of cava and Easter Bunnies.

Runners up 'the DJ's,' Jacquie Roberts, Judy Hughes and super sub Sam Hughes, were presented with €150, bottles of cava and Easter Bunnies.

Prizes were courtesy of sponsors Clive Webster of Webstor Asesores who was present and Oscar Anton of Anton Abogados who due to commitments was unable to attend.



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FORMER Barcelona defender Dani Alves has officially become the most decorated footballer in history after PSG's victory in the Coupe de la Ligue gave the 35-year-old his 36th official trophy.

Costa Blanca's best guide to local sport

TO READ MORE

SERGIO GARCIA returns to Augusta National this weekend looking to become just the fourth man to win back-to-back Masters' titles.

The Spaniard enjoyed a fantastic season last year, winning three times on the European Tour including his maiden major win, be-

coming just the third Spaniard behind Seve Ballesteros and Jose Maria Olazabal, to win the Masters.

He was subsequently named European Tour

Golfer of the Year in December but despite his amazing year in 2017, Garcia's name doesn't appear among the favourites to take the title this time around.

Dustin Johnson, Rory

McIlroy, Justin Thomas, Jordan Speith and a resurgent Tiger Woods head the list of favourites for Augusta, but ahead of this week's competition, which begins today (Thursday), Garcia has admitted that it doesn't bother him where he is placed going into the tournament.

He told *Sporting Life*: "That doesn't really matter to me because at the end of the day I know what I'm capable of and I know how I'm playing."

"If I'm looked at as a

favourite or not it doesn't really matter, because it depends on myself and what I do and on what I believe."

Garcia will begin his quest for his second green jacket later this evening, hoping to become the fourth man after Jack Nicklaus, Nick Faldo and Tiger Woods to retain his title in Sunday's final round.



RETURNING CHAMPION: Sergio Garcia will look to become just the fourth man to win back-to-back Masters' titles this weekend.

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